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# Inspiring

QUOTES

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**Tefo Lerumo**

**TEFO LERUMO**

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QUOTES

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## PREFACE

The book of *Inspiring Quotes* is a collection of teachings of morality, mostly in the form of short sayings, axioms and proverbs. Much of it has to do with practical everyday concerns and in its own way also addresses matters of the spirit. Its many short sayings reveal the insights of some of the most distinguished and exalted minds in history.

Some of the quotes shed light on what a wise person will do in certain situations. Some of these concern with building character, virtue and steadfastness. It is through account of the illumined through their wise words that one seeks direction and guidance on how best to live one's life.

In the interest of personal development, growth and goal attainment on the path to becoming, one seeks to employ such wise teachings as a lamp to light one's pathway in his/her search for the truth.



## Achievement

- And he gave it for his opinion, that whoever could make two ears of corn, or two blades of grass, to grow upon a spot of ground where only one grew before, would deserve better of mankind, and do more essential service to his country, than the whole race of politician put together

Jonathan Swift

- Success is often the result of taking a misstep in the right direction

Al Bernstein

- Sweep confetti over the floor, sweep an old year out the door!

Myra Conn Livingston

- Be sure when you step, step with care and great tact. And remember that life's a great balancing act. And will you succeed? Yes! You will, indeed! (98 and  $\frac{3}{4}$  percent guaranteed). Kid, you'll move mountains.

Theodor Seuss Geisel

- Accomplishments will prove to be a journey, not a destination.

Dwight D. Eisenhower

- You measure the size of the accomplishment by the obstacles you had to overcome to reach your goals

Booker T. Washington

- If you can't do great things, do small things in a great way.

Napoleon Hill

- To achieve the impossible, it is precisely the unthinkable that must be thought.

Tom Robbins

- If my mind can conceive it, my heart can believe it, I know I can achieve it!

Jesse Jackson

- Patience, persistence and perspiration make an unbeatable combination for success.

Napoleon Hill

- To be rich in admiration and free from envy, to rejoice greatly in the good of others, to love with such generosity of heart that your love still a dear possession in absence or unkindness – these are the gifts which money cannot buy.

Robert Louis Stevenson

- Only those who dare to fail greatly can ever achieve greatly.

Robert F. Kennedy

- It doesn't matter who you are, where you come from. The ability to triumph begins with you. Always

Oprah Winfrey

- A desire presupposes a goal which is worth achieving

Ayn Rand

- The height of your accomplishments will equal the depth of your convictions.

William F. Scolavino

- Your vocation in life is where your greatest joy meets the world's greatest need.

Frederick Buechner

- Achievement of your happiness is the only moral purpose of your life, and that happiness, not pain or mindless self-indulgence, is the proof of your moral integrity, since it is the proof and the result of your loyalty to the achievement of your values.

Ayn Rand

- The moment of truth, the sudden emergence of new insight, is an act of intuition. Such intuitions give the appearance of miraculous flushes, or short-circuits of reasoning. In fact, they may be likened to an immersed chain, of which only the beginning and the end are visible above the surface of consciousness. The diver vanishes at one end of the chain and comes up at the other end, guided by invisible links.

Arthur Koestler

- Destiny is no matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved.

William Jennings Bryan

- To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch, or redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.

Ralph Waldo Emerson

- If you have an important point to make, don't try to be subtle or clever. Use a pile driver. Hit the point once. Then come back and hit it again. Then hit it a third time – a tremendous whack.

Sir Winston Churchill

- That's one small step for man; one giant leap for mankind.

Neil Armstrong

- College is something you complete. Life is something you experience. So don't worry about your grade, or the results or success. Success is defined in myriad way, and you will find it, and people will no longer be grading you, but it will come from your own internal sense of decency.

Jon Stewart

- The happiest people are those who discover that what they should be doing and what they are doing are the same thing.

Unknown

- Decide that you want it more than you are afraid of it.

Bill Cosby

- A ship in harbour, is safe, but that is not what ships are built for.

William GT Shedd

- None of us will ever accomplish anything excellent or commanding except when he listens to this whisper which is heard by him alone.

Ralph Waldo Emerson

- Finish each day and be done with it. You have done what you could. Some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.

Ralph Waldo Emerson

## Ambition

- The world is moving so fast these days that the man who says it can't be done is generally interrupted by someone doing it

Elbert Hubbard

- If one advances confidently in the direction of one's dreams, and endeavours to live the life which one has imagined, one will meet with a success unexpected in common hours.

Henry David Thoreau

- The secret of getting ahead is getting started.

Mark Twain

- It is a grand thing to rise in the world. The ambition to do so is the very salt of the earth. It is the parent of all enterprise, and the cause of all improvement.

Anthony Trollope

- Take a method and try it. If it fails, admit it frankly, and try another. But by all means, try something.



Franklin D. Roosevelt

- You may be whatever you resolve to be. Determine to be something in the world and you will be something. “I cannot,” never accomplished anything; “I will try,” has wrought wonders.

J. Hawes

- In any situation, the best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing.

Theodore Roosevelt

- Every man is said to have his peculiar ambition. Whether it be true or not, I can say for one that I have no other so great as that of being truly esteemed by my fellow men.

Abraham Lincoln

- Don't worry when you are not recognised, but strive to be worthy of recognition.

Abraham Lincoln

- To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting.

e. e. Cummings

- At twenty-five I should have worn a big red A on my chest; it would have stood for ambition, an ambition so brazen and burning that it would have reduced Hester Prynne's transgressions to pale pink.

Anna Quindlen

- This fork in the road happens over a hundred times a day, and it's the choices that you make that will determine the shape of your life.

Liz Murray

- You miss 100 percent of the shots you never take.

Wayne Gretzky

- Great minds have purposes, others have wishes.

Washington Irving

- What makes a river so restful to people is that it doesn't have any doubt – it is sure to get to where it is going, and doesn't want to go anywhere else.

Hal Boyle

- Intelligence without ambition is a bird without wings.

Salvador Dali

- Ambition is the path to success. Persistence is the vehicle you arrive in.

Bill Bradley

- It may be those who do most, dream most.

Stephen Leacock

- Aim above morality. Be not simply good, be good for something.

Henry David Thoreau

- Ambition beats genius 99 percent of the time

Jay Leno

- Ambition has one heel nailed in well, though she stretch her fingers to touch the heavens.

Lao Tzu

- Faith is daring to put your dream to the test. It is better to try to do something and fail than try to do nothing and succeed.

Robert H. Schuller

- Emptiness is a symptom that you are not living creatively. You either have not goal that is important enough to you, or are not using your talents and efforts in a striving toward an important goal.

Maxwell Matlz

- Goals give you more than a reason to get up in the morning; they are an incentive to keep you going all day. Goals tend to the deeper resources and draw the best out of life.

Harvey Mackay

- I've learned from experience that the greater part of our happiness or misery depends on our dispositions and not our circumstances.

Martha Washington

- Success is focusing the full power of all you are on what you have a burning desire to achieve.

Wilfred A. Peterson

- The very substance of the ambitious is merely the shadow of a dream.

William Shakespeare

- I don't think about what I have done. I only think of the things I want to do, and I haven't done.

Martha Graham

- We are all faced with a series of great opportunities brilliantly disguised as impossible situations.

Charles Swindoll

- Moderation is the feebleness and sloth of the soul, whereas ambition is the warmth and activity of it.

François duc de la rochefoucauld

- I have not failed. I've just found 10,000 ways that won't work.

Thomas Edison

## Appreciating nature

- Nature does not hurry, yet everything is accomplished

Lao Tzu

- The cure for anything is salt water – tears, sweat, or the sea

Isak Dinesen [Karen Blixen]

- To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter... to be thrilled by the stars at night; to be elated over a bird's nest or a wildflower in spring – these are some of the rewards of the simple life.

John Burroughs

- The earth has music for those who listen

George Santayana

- Wilderness is not a luxury, but a necessity of the human spirit

Edward Abbey

- Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance. This is the law of nature

Steve Maraboli

- Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of autumn.

John Muir

- I felt my lungs inflate with the onrush of scenery – air, mountains, trees, people. I thought, 'This is what it is to be happy.'

Sylvia Plath

- Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth.

Henry David Thoreau



- Thousands of tired, nerve-shaken, over-civilised people are beginning to find out that going to the mountains is going home; that wilderness is a necessity.

John Muir

- Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature – the assurance that dawn comes after night, and spring after winter.

Rachel Carson

- Wilderness reminds us what it means to be human, what we are connected to rather than what we are separate from.

Terry Tempest Williams

- Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.

Khalil Gibran

# Appreciation

- The roots of all goodness lie in the soil of appreciation for goodness

The 14<sup>th</sup> Dalai Lama

- Yesterday is history. Tomorrow is a mystery. Today is a gift.

Eleanor Roosevelt

- What we obtain too cheap, we esteem too lightly: it is dearness only that gives every thing its value.

Thomas Paine

- To me sadness is great! Without it we could not appreciate true happiness.

Kaitlyn Cox

- What counts can't always be counted; what can be counted doesn't always count.

Albert Einstein

- When work, commitment, and pleasure all become one and you reach that deep well where passion lives, nothing is impossible.

Nancy Coey

- Today is a gift. That's why it's called the present.

Unknown

- Enjoy the little things, for one day you may look back and realise they were the big things.

Robert Brault

- Normal day, let me be aware of the treasure you are. Let me learn from you, love you, bless you before you depart. Let me not pass you by in the quest for some rare and perfect tomorrow.

Mary Jean Irion

- Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home.

Dame Edith Sitwell

- Remember the things in life that are free to each of us – our family, our friends, our soul, our hopes, our dreams, and our knowledge – are the most important.

Jaren L. Davis

- We can only be said to be alive in those moments when our hearts are conscious of our treasures.

Thornton Wilder

- The best way to pay for a lovely moment is to enjoy it.

Richard David Bach

- I would rather be able to appreciate things I can not have than to have things I am not able to appreciate.

Elbert Hubbard

- Smile at each other, smile at your wife, smile at your husband, smile at your children, smile at each other – it doesn't matter who it is – and that will help you to grow up in greater love for each other.

Mother Teresa

- Pride slays thanksgiving, but a humble mind is the soil out of which thanks naturally grow. A proud man is seldom a grateful man, for he never thinks he gets as much as he deserves.

Henry Ward Beecher

- How far that little candle throws his beams! So shines a good deed in naughty world.

William Shakespeare

- Sometimes you will never know the value of a moment until it becomes a memory.

Theodor Seuss Geisel

- Be nice to people on your way up because you'll meet them on your way down.

Wilson Mizner

- I have sometimes been wildly, despairingly, acutely miserable, but through it all I still know quite certainly that just to be alive is a grand thing.

Agatha Christie

- God gave us memory that we might have roses in December.

James M. Barrie

- I have never been a millionaire. But I have enjoyed a great meal, a crackling fire, a glorious sunset, a walk with a friend, a hug from a child, a cup of soup, a kiss behind the ear. There are plenty of life's tiny delights for all of us.

Jack Anthony

- We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.

Marian Wright Edelman

- You bring out the best in yourself by looking for the best in others.

Gene Bedley

- I saw the angel in the marble and carved until I set him free.

Michelangelo

- Occasionally in life there are those moments of unutterable fulfilment which cannot be completely explained by those symbols called words. Their meanings can only be articulated by the inaudible language of the heart.

Martin Luther King, Jr.

- Once we discover how to appreciate the timeless values in our daily experiences, we can enjoy the best things in life.

Harry Hepner

- He who allows his day to pass by without practicing generosity and enjoying life's pleasures is like a blacksmith's bellows – he breathes but does not live.

Sanskrit proverb

- What if you gave someone a gift, and they neglected to thank you for it – would you be likely to give them another? Life is the same way. In order to attract more of the blessings that life has to offer, you must truly appreciate what you already have.

Ralph Marston

- Enjoy all you have while pursuing all you want.

Jim Rohn

- Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

Oprah Wilfrey

- The most fortunate are those who have a wonderful capacity to appreciate again , freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy.

Abraham Maslow

- May you always be blessed with walls for the wind. A roof for the rain. A warm cup of tea by the fire. Laughter to cheer you. Those you love near you. And all that your heart might desire.

Irish Proverb

- God gave you a gift of 86,400 seconds today. Have you used one to say 'thank you?'



William Arthur Ward

- Now and then it's good to pause in our pursuit of happiness and just be happy.

Guillaume Apollinaire

- The aim of life is appreciation; there is no sense in not appreciating things; and there is no sense in having more of them if you have less appreciation of them.

G.K. Chesterton

“

the invariable mark of wisdom is to see the  
miraculous in the common.

”

**Ralph Waldo Emerson**

- Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.

Voltaire

- Appreciation can make a day. Even change a life. Your willingness to put into words is all that is necessary.

Margaret Cousins

- It's a poor frog who doesn't praise its own pond

Unknown

- He is rich who is content with the least; for contentment is the wealth of nature.

Socrates

- Sooner or later we all discover that the important moments in life are not the advertised ones, not the birthdays, the graduations, the weddings, not the great goals achieved. The real milestones are less prepossessing. They come to the door of memory.

Susan Brownell Anthony

- Forget yesterday – it has already forgotten you. Don't sweat tomorrow – you haven't even met. Instead, open your eyes and your heart to a truly precious gift – today.

Steve Maraboli

- Age is opportunity no less than youth itself, though in another dress, and as the evening twilight fades away the sky is filled with stars, invisible by day.

Henry Wadsworth Longfellow

- Trade your expectation for appreciation and the world changes for you.

Anthony Robbins

# Believe

- Better keep yourself clean and bright. You are the window through which you must see the world.

George Bernard Shaw

- Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.

Gail Dewers

- Believe you can and you're halfway there.

Theodore Roosevelt

- Accept what is, let go of what was, and have faith in what will be.

Sonia Ricotti

- Over every mountain there is a path, although it may not be seen from the valley.

James Rogers

- Nurture your minds with great thoughts. To believe in the heroic makes of heroes.

Benjamin Disraeli

- Believe in your heart that you're destined to do great things.

Joe Paterno

- Be strong, go with your heart, and believe in miracles because anything... anything can happen.

Marlo Javidando

- Above all, watch with glittering eyes the whole world around you, because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it.

Roald Dahl

- Some things have to be believed to be seen.

Mark Victor Hansen

- Believe that you have it, and you have it.

Latin proverb

- Every tomorrow has two handles. We can take hold of it with the handle of anxiety or the handle of faith.

Henry Ward Beecher

- Be practical as well as generous in your ideals. Keep your eyes on the stars, but remember to keep your feet on the ground.

Theodore Roosevelt

- Dreams come true; without that possibility, nature would not incite us to have them.

John Updike

- When you come to the edge of all the light you have, and must take a step into the darkness of the unknown, believe that one of two things will happen. Either there will be something solid for you to stand on – or you will be taught how to fly.

Patrick Overton

- Be soft. Do not let the world make you hard. Do not let pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest

of the world may disagree, you still believe it to be a beautiful place.

Kurt Vonnegut, Jr.

- You were meant to be here. This is your time.

Herbert "Herb" P. Brooks, Jr.

- We all have our own life to pursue, our own kind of dream to be weaving, and we all have the power to make wishes come true, as long as we keep believing.

Louisa May Alcott

- Opportunities, many times, are so small that we glimpse them not and yet they are often the seeds of great enterprises. Opportunities are also everywhere and so you must always let your hook be hanging. When you least expect it, a great fish will swim by.

Og Mandino

- Everything will be okay in the end, it's not the end.

John Lennon

- Sometimes your only available transportation is a leap of faith.

Margaret Shepherd

- Visualize this thing you want. See it, feel it, believe in it. Make your mental blueprint and begin.

Robert Collier

- Faith is to believe what you do not yet see, the reward for this faith is to see what you believe.

Saint Augustine

- The thing always happens that you believe in; and the belief in a thing makes it happen.



## Believe in yourself

- Just trust yourself, then you will know how to live.

Johann Wolfgang von Goethe

- It is a blessed thing that in every age someone has had the individuality enough and courage enough to stand by his own convictions.

Robert G. Ingersoll

- Even a toad has four ounces of strength.

Chinese proverb

- Oft times nothing profits more Than self-esteem,  
grounded on just and right Well manag'd.

John Milton

- Put all excuses aside and remember this: YOU are capable.

Zig Ziglar

- You are braver than you believe, smarter than you seem, and stronger than you think.

### Winnie the Pooh

- Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.

### Mary Anne Radmacher

- There are other measures of self-respect for a man, than the number of clean shirts he puts on every day.

### Ralph Waldo Emerson

- Often the difference between a successful person and a failure is not one's better abilities or ideas, but the courage that one has to bet on one's ideas, to take a calculated risk – and to act.

### André Malraux

- You have to believe in yourself, that's the secret. Even when I was in the orphanage, when I was roaming the street trying to find enough to eat, even then I thought of myself as the greatest actor in the world. I had to feel the exuberance that comes from

utter confidence in yourself. Without it, you go down to defeat.

Charlie Chaplin

- It is small doubts of timid souls that accomplish their ruin. It is the narrow vision, the fear and trembling hesitation, that constitute defeat.

Alice Foote MacDougall

- I read and walked for miles at night along the beach, writing bad blank verse and searching endlessly for someone wonderful who would step out of the darkness and change my life. It never crossed my mind that that person could be me.

Anna Quindlen

- Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.

Louisa May Alcott

- At the center of your being you have the answer; you know who you are and you know what you want.

Lao Tzu

- One of the greatest moments in anybody's developing experience is when he no longer tries to hide from himself but determines to get acquainted with himself as he really is.

Norman Vincent Peale

- Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish.

Sam Walton

- Self-esteem is as important to our well-being as legs are to a table. It is essential for physical and mental health and for happiness.

Louise Hart

- No more duty can be urged upon those who are entering the great theatre of life than simple loyalty to their best convictions.

Edwin Hubbel Chapin

- The molecules of your body are the same molecules that make up the nebulae, that burn inside the stars themselves. We are star stuff.

Victor Tenbaum

- We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe on ourselves we can risk curiosity, wonder, spontaneous delight or any experience

e.e. cummings

“

what is defeat? Nothing but education; nothing but  
the first step to something better.

”

**Wendell Phillips**

- Don't ever let a soul in the world tell you that you can't be exactly who you are.

Stefani Joanne Angelina Germanotta (Lady Gaga)

- At the height of laughter, the universe is flung into a kaleidoscope of new possibilities.

Jean Houston

- Throw back the shoulders, let the heart sing, let the eyes flash, let the mind be lifted up, look upward and say to yourself... nothing is impossible!

Norman Vincent Peale

- This above all – to thine own self be true and it must follow as night follows day thou canst not then be false to any man.

William Shakespeare

- Believe nothing just because a so-called wise person said it. Believe nothing just because a belief is generally held. Believe nothing just because it is said in ancient books. Believe nothing just because it is

said to be of divine origin. Believe nothing just because someone else believes it. Believe only what you yourself test and judge to be true.

Buddha

- Trusting your intuition means tuning in as deeply as you can to the energy you feel, following that energy to moment, trusting that it will lead you where you want to go and bring you everything you desire.

Shakti Gawain

- Self-esteem creates natural highs. Knowing that you're lovable helps you to love more. Knowing that you're more important helps you to make a difference to others. Knowing that you are capable empowers you to create more. Knowing that you're valuable and that you have a special place in the universe is a serene spiritual joy in itself.

Louise Hart

- Don't be afraid to be amazing.

Andy Offutt Irwin

- Believe in yourself and there will come a day when others will have no choice but to believe with you.

Cynthia Kersey

- To succeed, we must first believe that we can.

Michael Korda

- There's only one corner of the universe you can be certain of improving, and that's your own self.

Aldous Huxley

- Men exist for the sake of one another. Teach them then or bear with them.

Marcus Aurelius Antoninus

- The theme you may choose may change or simply elude you, but being your own story means you can always choose the tone. It also means you can invent the language to say who you are and what you mean.

Toni Morrison

- Some walks you have to take alone

Suzanne Collins



- All the so-called “secrets of success” will not work unless you do.

Unknown

- The world can only change from within

Eckhart Tolle

- I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up what light I might have.

Abraham Lincoln

- It is better to be hated for what you are than to be loved for something you are not.

André Gide

- Try to be like the turtle – at ease in your own shell.

Bill Copeland

- Self-acceptance comes from meeting life’s challenges vigorously. Don’t numb yourself to your trials and difficulties, nor build mental walls to exclude pain from your life. You will find peace not by trying to

escape your problems, but by confronting them courageously. You will find peace not in denial, but in victory.

Swami Sivananda

- Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.

Christian D. Larson

- Always be a first-rate version of yourself and not a second-rate version of someone else.

Judy Garland

- I will not be labelled as average.

Rachel Joy Scott

- A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worth

Vince Lombardi

- The path to our destination is not always a straight one. We go down the wrong road, we get lost, we turn back. Maybe it doesn't matter which road we embark on. Maybe what matters is that we embark.

Barbara Hall

- Again, you can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something – your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.

Steve Jobs

- The miracle, or the power, that elevates the few is to be found in their industry, application, and perseverance under the prompting of a brave, determined spirit.

Mark Twain

- No one can make you feel inferior without your consent.

Eleanor Roosevelt

- How many of us have enough trust, strength, and faith to believe that we could do the impossible

Rachel Joy Scott

- I'd rather be hated for who I am, than loved for who I am not.

Kurt Cobain

- A person who doubts himself is like a man who would enlist in the ranks of his enemies and bear arms against himself. He makes his failure certain by himself being the first person to be convinced of it.

Alexandre Dumas

- ...Do not let your fire go out, spark by irreplaceable spark in the hopeless swamps of the not-quite, the not-yet, and the not-at-all. Do not let the hero in your soul perish in lonely frustration for the life you deserved and have never been able to reach. The world you desire can be won. It exists...it is real...it is possible...it's yours.

Ayn Rand

- To be nobody but yourself in a world which is doing its best, day and night, to make you everybody but yourself – means to fight the hardest battle which any human can fight – and never stop fighting.

e.e. cummings

“

in life you can make your own decisions or let other people make those decisions for you. Being above the influence is about staying true to yourself, and not letting people pressure you into being less than you. So be yourself.

”

**Unknown**

- Love yourself, respect yourself. Never sell yourself short. Believe in yourself regardless of what other

people think. You can accomplish anything, absolutely anything, if you set your mind to it.

Marcus Allen

- Be yourself. There is something that you can do better than any other. Listen to the inward voice and bravely obey that.

Unknown

- What lies behind us, and what lies before us are but tiny matters compared to what lies within us

Ralph Waldo Emerson

- What lies behind us and what lies before us are small matters compared to what lies within us.

Ralph Waldo Emerson

- Nature never repeats herself, and the possibilities of one human soul will never be found in another.

Elizabeth Cody Stanton

- We are gifted in a unique and important way. It is our privilege and our adventure to discover our own special light.

Mary Dunbar

- At the end of the day, tell yourself gently: ‘I love you, you did the best you could today, and even if you didn’t accomplish all you had planned, I love you anyway.’

Anonymous

- He who is devoid of the power to forgive, is devoid of the power to love.

Martin Luther King, Jr.

- The tendency in modern civilization is to make the world uniform... Let the mind be universal. The individual should not be sacrificed.

Rabindranath Tagore

- Always give your best, never get discouraged, never be petty; always remember, others may hate you, but

those who hate you don't win unless you hate them,  
and then you destroy yourself.

Richard Nixon

- First thing every morning before you arise say out loud, 'I believe,' three times.

Norman Vincent Peale

- Don't try too hard to fit in; you were born to stand out.

Anonymous

- Be always at war with your vices, at peace with your neighbours, and let each new year find you a better man.

Benjamin Franklin



## Caring

- Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness.

Harold Kushner

- Learn to love without condition. Talk without bad intention. Give without any reason. And most of all, care for people without any expectation.

Unknown

- Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia

- As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same.

Donald Westlake

- Sometimes it's not strength but gentleness that cracks the hardest shells.

Richard Paul Evans

- Every child should have a caring adult in their lives. And that's not always a biological parent or family member. It may be a friend or neighbour. Often times it is a teacher.

Joe Manchin

- One must care about a world one will not see.

Bertrand Russell

- Ambition is the path to success. Persistence is the vehicle you arrive in.

Bill Bradley

- In caring I experience the other as having potentialities and the need to grow. In helping the other grow I do not impose my own direction; rather, I allow the direction of the other's growth to guide what I do, to help determine how I am to respond.

Milton Mayeroff

- If you shift your focus from yourself to others, extend your concern to others, and cultivate the thought of caring for the well being of others, then this will have the immediate effect of opening up your life and helping you to reach out.

The 14<sup>th</sup> Dalai Lama

- Caring can be learned by all human beings, can be worked into the design of every life, meeting an individual need as well as a pervasive need in society.

Mary Catherine Bateson

- Have a heart that never hardens, a temper that never tires, and a touch that never hurts.

Charles Dickens

- Caring about the happiness of others we find our own

Plato

- He has a right to criticise, who has a heart to help.

Abraham Lincoln

- If you want to make a difference and leave your world a better place, let others know how important they are as you put their needs above yours.

Jaren L. Davis

- Loving parents have caring children.

Chinese proverb

- Excellence is the result of caring more than others think is wise, risking more than others think is safe, dreaming more than others think is practical, and expecting more than others think is possible.

Ronnie Oldham

- For every beauty there is an eye somewhere to see it.  
For every truth there is an ear somewhere to hear it.  
For every love there is a heart somewhere to receive it.

Ivan Panin

- Being rich of heart makes you wealthy beyond compare.

Rodney Williams

- Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.

Theodor Seuss Geisel

- Without a sense of caring, there can be no sense of community.

Anthony J. D'Angelo

- I feel the capacity to care is the thing which gives life its deepest significance.

Pablo Casals

- Dare to reach out your hand into the darkness, to pull another hand into the light.

Norman B. Rice

## Character

- Happiness is inward, and not outward; and so, it does not depend on what we have, but on what we are.

Henry van Dyke

- Dig within. Within is the wellspring of Good; and it is always ready to bubble up, if you just dig.

Marcus Aurelius

- The only guide to a man is his conscience.

Sir Winston Churchill

- Character is much easier kept than recovered.

Thomas Paine

- Character may be manifested in the great moments, but it is made in the small ones.

Phillip Brooks

- Your soul...is a dark forest. But the trees of a particular species, they are genealogical trees.

Marcel Proust

- I'm not concerned with your liking or disliking me – all I ask is that you respect me as a human being

Jackie Robinson

- The true test of a person's character is how they treat the people in life that they don't need

Lee Corso

- Character is that which reveals moral purpose, exposing the class of things a man chooses and avoids.

Aristotle

- ...all true fame...is to be acquired only by noble deeds and high achievements and the establishment of a character founded upon the principles of truth, uprightness, and inflexible integrity.

Alexander H. Stephens

- Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behaviour. Keep

your behaviour positive because your behaviour becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.

Mohandas Karamchand Gandhi

- Fame is vapour, popularity an accident, riches take wings. Only one thing endures and that is character.

Horace Greeley

- Six essential qualities that are the key to success: Sincerity, personal integrity, humility, courtesy, wisdom, charity.

Dr. William Claire Menninger

- Watch your thoughts; for they become words. Watch your words; for they become actions. Watch your actions; for they become habits. Watch your habits; for they become character. Watch your character for it will become your destiny.

Frank Outlaw



- Dreams are the touchstones of our characters.

Henry David Thoreau

- Every experience is a stitch in the fabric of your character.

Gary Clausing

- The creative is the place where no one else has ever been. You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself.

Alan Alda

- Thoughtfulness for others, generosity, modesty, and self-respect, are the qualities which make a real gentleman, or lady, as distinguished from the veneered article which commonly goes by that name.

Thomas Henry Huxley

- No man can tell whether he is rich or poor by turning to his ledger. It is the heart that makes a man rich. He

is rich according to what he is, not according to what he has.

Henry Ward Beecher

- Happiness depends more on the inward disposition of mind rather than on outward circumstances.

Benjamin Franklin

- Nothing great will ever be achieved without great men, and men are only great if they are determined to be so.

Charles de Gaulle

- Character is the basis of happiness and happiness the sanction of character.

George Santayana

- I think you should take your job seriously, but not yourself – that is the best combination

Dame Judy Dench

- If a man has any greatness in him, it comes to light, not in one flamboyant hour, but in the ledger of his daily work.

Beryl Markham

- I shall be telling this with a sigh Somewhere ages and ages hence: Two roads diverged in a wood, and I, I took the one less travelled by, and that has made all the difference.

Robert Frost

- Waste no more time arguing what a good man should be. Be one.

Marcus Aurelius

- There never was a truly great man that was not at the same time truly virtuous.

Benjamin Franklin

- Strength of character isn't always about how much you can handle before you break. It's also about how much you can handle after you've been broken.

Robert Tew

- Virtue is bold, and goodness never fearful.

William Shakespeare

- You can tell a lot about a fellow's character by his way of eating jellybeans.

Ronald Reagan

- Obstinacy in a bad cause is but consistency in a good

Sir Thomas Browne

- Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing.

Abraham Lincoln

- Love the moment. Flowers grow out of dark moments. Therefore, each moment is vital. It affects the whole. Life is a succession of such moments and to live each, is to succeed.

Sister Mary Corita Kent

- Among the things you can give and still keep are your word, a smile, and a grateful heart.

Zig Ziglar

- Personality can open doors, but only character can keep them open.

Elmer G. Letterman

- Nobody in life gets exactly what they thought they were going to get. But if you work really hard and you're kind, amazing things will happen.

Conan O'Brien

- Adversity does not build character, it reveals it.

James Lane Allen

- I must learn to love the fool in me – the one who feels too much, talks too much, takes too many chances, wins sometimes and loses often, lacks self-control, loves and hates, hurts and gets hurt, promises and breaks promises, laughs and cries. It alone protects me against that utterly self-controlled, masterful tyrant whom I also harbour and who would rob me of my human aliveness, humility, and dignity but for my fool.

Theodore Isaac Rubin

- Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved.

Helen Keller

- Extend to each person, no matter how trivial the contact, all the care and kindness and understanding and love that you can muster, and do it with no thought of reward. Your life will never be the same again.

Og Mandino

- A good character is the best tombstone. Those who loved you, and were helped by you, will remember you when forget-me-nots have withered. Carve your name on hearts, not on marble.

Charles Hadden Spurgeon

- Judge me not by my physical size or appearance, but judge me by the size of my character.

Cornelius Kilgore

- Life is less about what you do, and more about how and why you do those things. This is called character.

Josh Verseput

- Nearly all men can stand adversity, but if you want to test a man's character, give him power.

Abraham Lincoln

- Action is character.

F. Scott Fitzgerald

“

in thy face I see the map of honor, truth, and loyalty.

”

**William Shakespeare**

- Be yourself; everyone else is already taken

Oscar Wilde

- Life is not the way it is supposed to be. It is the way it is. The way you cope with it is what makes the difference.

Virginia Satir

- Good character is more to be praised than outstanding talent, Most talents are to some extent a gift. Good character, by contrast, is not given to us. We have to build it piece by piece by thought, choice, courage and determination.

John Luther

- The most unambiguous sign that a person holds men in low esteem is this: that he either acknowledges them merely as means to his ends or does not acknowledge them at all.

Friedrich Nietzsche

- What you do when you don't have to will determine what you will be when you can't help it.

Unknown



- Character is higher than intellect. Thinking is the function. Living is the functionary. The stream retreats to its source. A great soul will be strong to live, as well as strong to think.

Ralph Waldo Emerson

## Charity

- To love means loving the unlovable. To forgive means pardoning the unpardonable. Faith means believing the unbelievable. Hope means hoping when everything seems hopeless.

G.K. Chesterson

“

while we do our good works let us not forget that the real solution lies in a world in which charity will have become unnecessary.

”

**Chinua Achebe**

- When we give cheerfully and accept gratefully, everyone is blessed.

Maya Angelou

- Love is not patronizing and charity isn't about pity, it is about love. Charity and love are the same – with charity you give love, so don't just give money but reach out your hand instead.

Mother Teresa

- Work and live to serve others, leave the world a little better than you found it and garner for yourself as much peace of mind as you can. This is happiness.

David Sarnoff

- Every good act is charity. A man's true wealth hereafter is the good that he does in this world to his fellows.

Mohammed

- How long should you try? Until.

Jim Rohn

- We shall find peace. We shall hear angels. We shall see the sky sparkling with diamonds.

W. Anton Chekov

“

Service is a smile. It is an acknowledging wave, a reaching handshake, a friendly wink, and a warm hug. It's these simple acts that matter most, because the greatest service to a human soul has always been the kindness of recognition.

”

**Richelle E. Goodrich**

## Civility

- Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.

Golda Meir

- Giving connects two people, the giver and the receiver, and this connection gives birth to a new sense of belonging.

Deepak K. Chopra

- Gracefulness has been defined to be the outward expression of the inward harmony of the soul.

William Hazlitt

- If you're going through hell, keep going.

Sir Winston Churchill

- Raise your words, not your voice. It is rain that grows flowers, not thunder.

Jalal Ad-Din Rumi

- This insight, which expresses itself by what is called imagination, is a very high sort of seeing.

Ralph Waldo Emerson

## Class and Grace

- The most basic of all human needs is the need to understand and to be understood. The best way to understand people is to listen to them.

Ralph Nichols

- True eloquence consists of saying all that is needed and only what is needed.

François Duc De La Rochefoucauld

- In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you.

Buddha

- I will offer a choice, not an echo.

Barry M. Goldwater

- In matters of principle, stand like a rock; in matters of taste, swim with the current.

Thomas Jefferson

- To bear defeat with dignity, to accept criticism with poise, to receive honors with humility – these are the marks of maturity and graciousness.

William Arthur Ward

- Manners are of more importance than laws. Manners are what vex or soothe, corrupt or purify, exalt or debase, barbarize or refine us, by a constant, steady, uniform, insensible operation, like that of the air we breathe in

Edmund Burke

- Tact is the art of building a fire under people without making their blood boil.

Franklin P. Jones

- Life is mostly froth and bubble; Two things stand like stone: Kindness in another's trouble, courage in our own.

Adam Lindsay [Lionel Gordon] Gordon

- Contrary to the cliché, genuinely nice guys most often finish first or very near it.



Malcolm S. Forbes

- Beauty is an experience, nothing else. It is not a fixed pattern or an arrangement of features. It is something felt, a glow or a communicated sense of fitness.

D.H. Lawrence

“

you are as young as your faith, as old as your doubt;  
as young as your self-confidence, as old as you fear,  
as young as your hope, as old as your despair.

”

**Samuel Ullman**

- Learn to limit yourself; to content yourself with some definite work; dare to be what you are and learn to resign with a good grace all that you are not; and to believe in your own individuality.

Henri-Frederic Amiel

- It takes generosity to discover the whole through others. If you realize you are only a violin, you can open yourself up to the world by playing your role in the concert.

Jacques Cousteau

- For happiness in anyone and anything at all that's loved by you.

Charlie Brown

- The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.

Babe Ruth

- A good head and a good heart are always a formidable combination.

Nelson Mandela

- Example has more followers than reason.

Christian Nestell Bovee

- You miss 100% of the shots you don't take.

Wayne Gretzky

- Work joyfully and peacefully, knowing that right thoughts and right efforts will inevitably bring about right results.

James Allen

- Never let your persistence and passion turn into stubbornness and ignorance.

Anthony J. D'Angelo

# Commitment

- Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal – a commitment to excellence – that will enable you to attain the success you seek.

Mario Andretti

- Never, Never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy.

Sir Winston Churchill

- Commitment, by its nature, frees us from ourselves and while it stands us in opposition to some, it joins us with others similarly committed. Commitment moves us from the mirror trap of the self absorbed with the self to the freedom of a community of shared values.

Michael Lewis

- Commitment means that it is possible for a man to yield the nerve center of his consent to a purpose or cause, a movement or an ideal, which may be more important to him than whether he lives or he dies.

Howard Thurman

- By hero, we tend to mean a heightened who, more than other men, possesses qualities of courage, loyalty, resourcefulness, charisma, above all, selflessness. He is an example of right behaviour; the sort of man who risks his life to protect his society's values, sacrificing his personal needs for those of the community.

Paul Zweig

- Be not diverted from your duty by idle reflections the silly world may make upon you, for their censures are not in your power and should not be at all your concerns.

Epictetus

- You may have to fight a battle more than once to win it.

Margaret Thatcher

- Commitment unlocks the doors of imagination, allows vision, and gives us the right stuff to turn our dream into reality

James Womack

- Anyone can dabble, but once you've made that commitment, your blood has that particular thing in it, and it's very hard for people to stop you.

Bill Cosby

- Without commitment, you cannot have depth in anything, whether it's a relationship, a business or a hobby.

Neil Strauss

- Great changes may not happen right away, but with effort even the difficult may become easy.

Bill Blackman

- There are only two options regarding commitment. You're either in or you're out. There's no such thing as life in-between.

Pat Riley

- Once you choose hope, anything's possible.

Christopher Reeve

- It's always too early to quit.

Norman Vincent Peale

- There's a difference between interest and commitment. When you're interested in doing something, you do it only when circumstance permit. When you're committed to something you accept no excuses, only results.

Art Turock

- Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.

Buddha

- To finish first, you must first finish.

Rick Mears

- There's a difference between interest and commitment. When you're interested in doing

something, you do it only when it's convenient. When you're committed to something, you accept no excuses – only results.

Ken Blanchard

- Any man's life will be filled with constant and unexpected encouragement if he makes up his mind to do his level best each day.

Booker T. Washington

- The relationship between commitment and doubt is by no means an antagonistic one. Commitment is healthiest when it's not without doubt but in spite of doubt.

Rollo May

- It is the supreme art of the teacher to awaken joy in creative expression and knowledge.

Albert Einstein

- Keep on going and the chances are you will stumble on something, perhaps when you are at least



expecting it. I have never heard of anyone stumbling on something sitting down.

Charles F. Kettering

- There is no failure except in longer trying. There is no defeat except from within, no really insurmountable barrier save our own inherent weakness of purpose.

Elbert Hubbard

- Unless commitment is made, there are only promises and hopes...but no plans.

Peter F. Drucker

- There is a point at which everything becomes simple and there is no longer any question of choice, because all you have staked will be lost if you look back.  
Life's point of no return

Dag Hammarskjöld

- Freedom is not the absence of commitments, but the ability to choose - and commit myself to – what is best for me.

Paulo Coelho

- Stay committed to your decisions, but stay flexible in your approach.

Tom Robbins

- Once a man has made a commitment to a way of life, he puts the greatest strength in the world behind him. It's something we call heart power. Once a man has made this commitment, nothing will stop him short of success.

Vince Lombardi

## Common ground

- ...the day will come when man will recognise woman as his peer, not only at the fireside but in the councils of nation. Then, and not until then, will there be the perfect comradeship, the ideal union, between the sexes that shall result in the highest development of the race.

Susan Brownell Anthony

- It is thus tolerance that is the source of peace, and tolerance that is the source of disorder and squabbling.

Pierre Bayle

- Surely the day will come when color means nothing more than skin tone, when religion is seen uniquely as a way to speak one's soul; when birth places have the weight of a throw of the dice and all men are born free, when understanding breeds love and brotherhood.

Josephine Baker

- If you don't know the guy on the other side of the world, love him anyway because he's just like you. He has the same dreams, the same hopes and fears. It's one world, pal. We're all neighbours.

Frank Sinatra

- We can learn to see each other and see ourselves in each other and recognize that human beings are more alike than we are unlike.

Maya Angelou

- Out beyond ideas of wrongdoing and right doing, there is a field. I will meet you there.

Jalal ad-Din Rumi

- Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won't come in.

Alan Alda

- We haven't all had the good fortune to be ladies; we haven't all been generals, or poets, or statesmen; but

when the toast works down to the babies, we stand on common ground.

Mark Twain

- So what will define greatness for your generation? I believe it is to use knowledge that you have earned here to find ways, not only to connect to computers, but to connect to people; not only to bridge gaps in science, but to bridge gaps between cultures; not only to use numbers and formulas to create, but to use words to lead, and in the process, to close that canyon between ignorance and understanding.

Carly Fiorina

- It may seem absurd to believe that a ‘primitive’ culture in the Himalaya has anything to teach our industrialized society. But our search for a future that works keeps spiralling back to an ancient connection between ourselves and the earth, an interconnectedness that ancient cultures have never abandoned.

Helena Norberg-Hodge

- What life have you if you have not life together?  
There is no life that is not in community.

T.S. Elliot

“ you have the need and the right to spend part of your life caring for your soul. It is not easy...To be a soulful person means to go against all the pervasive, prove-yourself values of our culture and instead treasure what is unique and internal and valuable in yourself and your own personal evolution. ”

**Jean Shinoda Bolen**

- In the matter of religion, people eagerly fasten their eyes on the difference between their own creed and yours; whilst the charm of the study is in finding agreement and identities in all the religions of humanity.

Ralph Waldo Emerson

- At the heart of each of us, whatever our imperfections, there exists a silent pulse of perfect rhythm, which is absolutely individual and unique, and yet which connects us to everything else.

George Leonard

- It is common sense to take a method and try it. If it fails, admit it frankly and try another. But above all, try something.

Franklin D. Roosevelt

- We all live with objective of being happy; our lives are all different and yet the same.

Anne Frank

- Touch the earth, speak of love. Walk on common ground

Steven Van Zandt.

- There is no duty we so much underrate as the duty of being happy. By being happy we sow anonymous benefits upon the world.

Robert Louis Stevenson

- It's easy to find reasons for division between people. Finding common ground is harder, but a step towards happiness.

Unknown

- How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong, because someday in your life you will have been all of these.

George Washington Carver

- What we have to do...is to find a way to celebrate our diversity and debate our differences without fracturing our communities.

Hillary Clinton

- In republics, the greater danger is that the majority may not sufficiently respect the rights of the minority.

James Madison



- Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

Chief Seattle

- Our similarities bring us to common ground; our differences allow us to be fascinated by each other.

Tom Robbins

## Compassion

- Our task must be to widen our circle of compassion, to embrace all living creatures and the whole of nature in its beauty.

Albert Einstein

- You may only be someone in the world, but to someone else, you may be the world.

Unknown

- To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better; to know even one life has breathed easier because you have lived. This is to have succeeded.

Ralph Waldo Emerson

- There is no better exercise for the heart than reaching down and helping to lift someone up.

Bernard Meltzer

- Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.

Pema Chödrön

- Give children at least as many chances to show compassion as they have to be competitive

Erica Layman

- That best portion of a good man's life; His little, nameless, unremembered acts of kindness and of love.

William Wordsworth

- In democratic ages men rarely sacrifice themselves for another, but they show general compassion for all the human race. One never sees them inflict pointless suffering, and they are glad to relieve the sorrows of others when they can do so without much trouble to

themselves. They are not disinterested, but they are gentle.

Alexis De Tocqueville

- Imagination is not only the uniquely human capacity to envision that which is not, and therefore the fount of all invention and innovation. In its arguably most transformative and revelatory capacity, it is the power that enables us to empathize with humans whose experiences we have never shared.

J.K. Rowling

“

hurt people, hurt people. That's how pain patterns get passed on, generation after generation after generation.

Break the chain today. Meet anger with sympathy, contempt with compassion and cruelty with kindness.

Greet grimaces with smiles. Forgive and forget about finding fault. Love is the weapon of the future.

”

**Yehuda Berg**

- Compassion will cure more sins than condemnation.

Henry Ward Beecher

- A kind gesture can reach a wound that only compassion can heal.

Steve Maraboli

- If a person seems wicked, do not cast him away. Awaken him with your words, elevate him with your deeds, repay his injury with your kindness. Do not cast him away; cast away his wickedness.

Lao Tzu

- Compassion is the keen awareness of the interdependence of all things.

Thomas Merton

- Compassion for myself is the most powerful healer of them all.

Theodore Isaac Rubin

- We think too much and feel too little. More than machinery, we need humanity. More than cleverness, we need kindness and gentleness.

Charlie Chaplin

- Be kind, for everyone you meet is fighting a harder battle.

Plato

- If the world is to be healed through human efforts, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear.

Joanna Macy

- Kind hearts are the gardens, Kind thoughts are the roots, kind words are the flowers, kind deeds are the fruits, take care of your garden and keep out the weeds, fill it with sunshine, kind words, kind deeds.

Henry Wadsworth Longfellow

- The longest journey you will ever take is the 18 inches from your head to heart.

Andrew Bennett

- Be kind for everyone you meet is fighting a great battle.

Philo of Alexandria

- When your brook dries up and disappointment comes your way, do not necessarily need to assume that you did something wrong.

Bryan Robles

- Alack, when once our grace we have forgot, nothing goes right; we would, and we would not.

William Shakespeare

- Compassion is the antitoxin of the soul: where there is compassion even the most poisonous impulses remain relatively harmless.

Eric Hoffer

- Real kindness seeks no return; what return can the world make to rain clouds?

Tiuwallwar

- If your compassion does not include yourself, it is not complete.

Buddha

- If you want others to be happy, practice compassion; if you want to be happy, practice compassion.

Mary Stewbeck

- The most powerful agent of change is a change of heart.

B.J. Marshal

“

I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go.

”

**Rachel Joy Scott**



- And as for the final sphere of love and relationship, I can only say it gets harder once the natural communities of college and hometown are gone...It takes work and commitment, demands toleration for human frailties, forgiveness for the inevitable disappointment and betrayals that come even with the best of relationships.

Doris Kearns Goodwin

- Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do the humble work.

Mother Teresa

- When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also develop inner happiness and peace.

The 14<sup>th</sup> Dalai Lama

- The love of our neighbour in all its fullness simply means being able to say, what are you going through?

Simone Weil

- Gratitude is the fairest blossom which springs from the soul.

Henry Ward Beecher

- Whoever renders service to many puts himself in line for greatness – great wealth, great return, great satisfaction, great reputation, and great joy.

Jim Rohn

- Stay where you are. Find your own Calcutta. Find the sick, the suffering, and the lonely right there where you are – in your own homes and in your own families, in your workplaces and in your schools. You can find Calcutta all over the world, if you have the eyes to see. Everywhere, wherever you go, you find people who are unwanted, unloved, uncared for, just rejected by society – completely forgotten, completely left alone.

Mother Teresa

- Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things that renew humanity.

Buddha

- As a man draws nearer to the stars, why should he not also draw nearer to his neighbour?

Lyndon B. Johnson

- Make no judgements where you have no compassion.

Anne McCaffey

- I have always depended on the kindness of strangers.

Tennessee Williams

- Some people think only intelligence counts: knowing how to solve problems, knowing how to get by, knowing how to identify an advantage and seize it. But the functions of intellect are insufficient without courage, love, friendship, compassion and empathy.

Dean Koontz

- I believe that no characteristic is so distinctively human as the sense of indebtedness we feel, not necessarily for a favour received, but even for the slightest evidence of kindness; and there is nothing so

boorish, savage, inhuman as to appear to be overwhelmed by a favour, let alone unworthy of it.

Marcus Tullius Cicero

- Compassion asks us to go where it hurts, to enter into the places of pain, to share in brokenness, fear, confusion, and anguish. Compassion challenges us to cry out with those in misery, to mourn with those who are lonely, to weep with those in tears. Compassion requires us to be weak with the weak, vulnerable with the vulnerable, and powerless with the powerless. Compassion means full immersion in the condition of being human.

Henri Nouwen

- What do we live for; if it is not to make life less difficult for each other?

Mary Ann Evans

- Compassion is sometimes the fatal capacity for feeling what it is like to live inside somebody else's skin. It's the knowledge that there can never really be

any peace and joy for me until there is peace and joy finally for you too.

Frederick Buechner

- Compassion is the greatest form of love humans have to offer.

Rachel Joy Scott

- Fear grows out of the things we think; it lives in our minds. Compassion grows out of the things we are, and lives in our hearts.

Barbara Garrison

- The most important thing in life is to learn how to give out love, and to let it come in.

Morrie Schwartz

- Frequently people think compassion and love are merely sentimental. No! They are very demanding. If you are going to be compassionate, be prepared for action.

Archbishop Desmond Tutu

## Compliments

- I will be generous with my love today. I will sprinkle compliments and uplifting words everywhere I go. I will do this knowing that my words are like seeds and when they fall on fertile soil, a reflection of those seeds will grow into something greater.

Steve Maraboli

- Respect is love in plain clothes

Frank Byrnes

- The wise man belongs to all countries, for the home of a great soul is the whole world.

Democritus

- Sincere compliments cost nothing and can accomplish much. In any relationship, they are the applause that refreshes.

Steve Goodier

- Live fully while you're here. Experience everything. Take care of yourself and your friends. Have fun, be

crazy, be weird. Go out and screw up! You're going to anyway, so might as well enjoy the process. Take the opportunity to learn from your mistakes: find the cause of your problem and eliminate it. Don't try to be perfect; just be an excellent example of being human.

Anthony Robbins

- When the world says, 'give up,' hope whispers, 'try it one more time.'

Unknown

- True humility is being able to accept criticisms as graciously as we accept compliments.

Sabrina Newby

- There is no effect more disproportionate to its cause than the happiness bestowed by a small compliment.

Unknown

- I just think it's silly to be stingy with compliments. If you see someone and they strike you as beautiful in any way, why not let them know?

Jill Scott



## Compromise

- Hard work is painful when life is devoid of purpose. But when you live for something greater than yourself and the gratification of your own ego, then hard work becomes a labor of love.

Steve Pavlina

- I firmly believe in small gestures: pay for their coffee, hold the door for strangers, over tip, smile or try to be kind even when you don't feel like it, pay compliments, chase the kid's runaway ball down the sidewalk and throw it back to him, try to be larger than you are – particularly when it's difficult. People do notice, people appreciate. I appreciate it when it's done to (for) me. Small gestures can be an effort, or actually go against our grain ("I'm not a big one for paying compliments..."), but the irony is that almost every time you make them, you feel better about yourself. For a moment life suddenly feels lighter, a bit more Gene Kelly dancing in the rain.

Jonathan Carroll

- Willingness to compromise with others' ways of living and cooperation in common tasks, these make living happy and fruitful.

Sri Sathya Sai Baba

- When we are no longer able to change a situation, we are challenged to change ourselves.

Viktor Frankl

- We must be willing to learn the lesson that cooperation may imply compromise, but if it brings a world advance it is a gain for each individual nation.

Eleanor Roosevelt

## Confidence

- As you become more clear about who you really are, you'll be better able to decide what is best for you – the first time around.

Oprah Winfrey

- What really distinguishes this generation in all countries from earlier generations...is its determination to act, its joy in action, the assurance of being able to change things by one's efforts.

Hannah Arendt

- Whenever you are asked if you can do a job, tell 'em, 'certainly I can!' Then get busy and find out how to do it.

Theodore Roosevelt

- Confidence comes not from always being rights, but not fearing to be wrong.

Peter McIntyre

- Always hold your head up, but be careful to keep your nose at a friendly level.

Max L. Forman

- Confidence like art, never comes from having all the answers; it comes from being open to all the questions.

Earl Gray Stevens

- If you believe in yourself and have dedication and pride – and never quit, you'll be a winner. The price of victory is high but so are the rewards.

Paul Bryant

- Never violate the sacredness of your individual self-respect.

Theodore Parker

- Getting ahead in a difficult profession – singing, acting, writing, whatever – requires avid faith in yourself. You must be able to sustain yourself against staggering blows and unfair reversals. When I think back to those first couple of years in Rome, those

endless rejections without a glimmer of encouragement from anyone, all those failed screen tests, and yet I never let my desire slide away from me, my belief in myself and what I felt I could achieve.

Sophia Loren

- Aerodynamically, the bumble bee shouldn't be able to fly, but the bumble bee doesn't know it so it goes on flying anyway.

Mary Kay Ash

- Be bold. If you're going to make an error, make a doozy, and don't be afraid to hit the ball.

Billie Jean King

- Whatever beauty may be, it has for its basis order, and for its essence unity.

Father Andre

- Trust yourself. You know more than you think you do.

Dr. Benjamin McLane Spock

- Do not follow the ideas of others, but learn to listen to the voice within yourself. Your body and mind will become clear and you will realize the unity of all things.

Dogen Zenji

- To the world you may be one person, to one person, you may be the world.

Unknown

- Make the most of yourself, for that is all there is for you.

Ralph Waldo Emerson

- You can't lead a cavalry charge if you think you look funny on a horse.

John Peers

- I was always looking outside myself for strength and confidence but it comes from within. It is there all the time.

Anna Freud

- Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained.

Marie Curie

- The confidence which we have in ourselves gives birth to much of that which we have in others.

François Duc De La Rochefoucauld

- At bottom every man knows well enough that he is a unique being, only once on this earth; and by no extraordinary chance will such a marvellously picturesque piece of diversity in unity as he is, ever be put together a second time.

Friedrich Nietzsche

- Does the sun ask itself, “Am I good? Am I worthwhile? Is there enough for me?” No, it burns and shines. Does the sun ask itself, “What does the moon think of me? How does Mars feel about me today?” No it burns, it shines. Does the sun ask itself,

“Am I as big as other suns in other galaxies?” No, it burns, it shines.

Andrea Dworkin

- You cannot be lonely if you like the person you’re alone with.

Dr Wayne Dyer

- Make yourself proud

Peter W. Smith

- As is our confidence, so is our capacity.

William Hazlitt

- To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment

Ralph Waldo Emerson

- Wouldn’t it be powerful if you fell in love with yourself so deeply that you would do just about anything if you knew it would make you happy? This is precisely how much life loves you and wants you to



nurture yourself. The deeper you love yourself, the more the universe will affirm your worth. Then you can enjoy a lifelong love affair that brings you the richest fulfilment from inside out.

Alan Cohen

- Peace holds within itself trust in the Lord, the trust that He governs all things and provides all things, and that He leads towards an end that is good.

Emanuel Swedenborg

- Our doubts are traitors and makes us lose the good oft might win by fearing to attempt, - Lucio, Act I, scene iv Measure for Measure (c. 1603)

William Shakespeare

- The question Who am I? Is not a philosophical football meant to be kicked around coffeehouses by pseudo-intellectuals. It's a real-life question. Nothing is more important and more relevant than to know who you are.

Chris Butler

- If you know you are on the right track, if you have this inner knowledge, then nobody can turn you off...Regardless of what they say.

Barbara McClintock

- If one is estranged from oneself, then one is estranged from others too. If one is out of touch with oneself, then one cannot touch others.

Anne Morrow Lindbergh

- Respect yourself most of all.

Pythagorus

- You have confidence in yourself, which is valuable, if not an indispensable quality.

Abraham Lincoln

- Rebellion against your handicaps gets you nowhere. Self-pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world – making the most of one's best

Harry Emerson Fosdick

- Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us most. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually who are you not to be? You are a child of the universe. You were born to manifest the glory of the universe that is within us. It's not just in some of us; it's in everyone.

Marianne Williamson

- Be who you are and say what you feel, because in the end those who matter don't mind and those who mind don't matter.

Theodor Seuss Geisel

- Every small positive change we make in ourselves repays us in confidence in the future.

Alice Walker

- Self-reverence, self-knowledge, self-control: these three alone lead life to sovereign power.

Alfred Lord Tennyson

- Until you value yourself you will not value your time.  
Until you value your time, you will not do anything with it.

M. Scott Peck

“

There is overwhelming evidence that the higher the level of self-esteem, the more likely one will be to treat others with respect, kindness, and generosity.

”

**Nathaniel Branden**

- Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear. Perhaps the action you take will be successful; perhaps different action or adjustments will have to follow. But any action is better than no action at all.

Norman Vincent Peale

- The privilege of a lifetime is being who you are.

Joseph Campbell

## Connecting

- We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among these fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.

Herman Melville

- We spend precious hours fearing the inevitable. It would be wise to use that time adoring our families, cherishing our friends and living our lives.

Maya Angelou

- It is a man's social nature which distinguishes him from the brute creation. If it is his privilege to be independent, it is equally his duty to be interdependent. Only an arrogant man will claim to be independent of everybody else and be self-contained.

Mohandas Karamchand Gandhi

- People can't just be tied together. They have to connect. Otherwise, they'll find themselves bound hand and foot.

Al Yazawa

- A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Albert Einstein

- Now, feel. I am thee and thou art me and all of one is the other. And feel now. Thou hast no heart but mine.

Ernest Hemingway

# Courage

- When in doubt, do the courageous thing

Jan Smuts

- It may take courage to embrace the possibilities of your own potential, but once you've flown past the summit of your fears, nothing will seem impossible.

Michael McKee

- There is a courage of happiness as well as a courage of sorrow.

Alfred Adler

- Conscience is the root of all true courage; if a man would be brave let him obey his conscience.

James Freeman Clarke

- Life shrinks or expands in proportion to one's courage.

Anaïs Nin

- Leap and the net will appear.



Zen proverb

- Either you decide to stay in the shallow end of the pool or you go out in the ocean.

Christopher Reeve

- Courage is the first of human qualities because it is the quality which guarantees the others.

Aristotle

- You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.

Eleanor Roosevelt

- To be courageous requires no exceptional qualifications, no magic formula. It's an opportunity that sooner or later is presented to us all and each person must look for that courage in his own soul.

John F. Kennedy

- Grant me the serenity to accept the things I cannot change, the courage to change the things that I can, and the wisdom to know the difference.

Reinhold Niebuhr

- Courage is not the towering oak that see storms come and go; it is the fragile blossom that opens in the snow.

Alice Mackenzie Swaim

- Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising, which tempt you to believe that your critics are right. To map out a course of action and follow it to an end requires courage.

Ralph Waldo Emerson

- Tolerance is only complacency when it makes no distinction between right and wrong.

Sarah Patton Boyle

- A ship is safe in harbour, but that's not what ships are for.

William G.T. Shedd

- It takes courage for people to listen to their own goodness and act on it.

Pablo Casals

- Courage is not simply one of the virtues but the form of the virtue at every testing point.

C.S. Lewis

“

Courage is not the absence of fear, but rather the judgement that something else is more important than fear.

”

**James Neil Hollingworth**

- I may be compelled to face danger, but never fear it, and while soldiers can stand and fight, I can stand and feed and nurse them.

Clara Barton

- Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising, which tempt you to believe that your critics are right. To map out a course of action and follow it to the end requires some of the same courage which a soldier needs.

Ralph Waldo Emerson

- Sometimes even to live is an act of courage.

Carl Sandburg

- One man with courage makes a majority

Andrew Jackson

- Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.

Mary Anne Radmacher

- Now the alternative to despair is courage. And human life can be viewed as a continuous struggle between these two options. Courage is the capacity to affirm one's life in spite of the elements which threaten it.

The fact that courage usually predominates over despair in itself tells us something important about life. It tells you that the forces that affirm life are stronger than those that negate it.

Paul E. Pfuetze

- This is the art of courage: to see things as they are and still believe that the victory lies not with those who avoid the bad, but those who taste, in living awareness, every drop of the good.

Victoria Lincoln

- Keep your fears to yourself, but share your courage with others.

Robert Louis Stevenson

- If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place.

Nora Roberts

- Be fearless. Have the courage to take risks. Go where there are no guarantees. Get out of your comfort zone

even if it means being uncomfortable. The road less travelled is sometimes fraught with barricades, bumps and uncharted terrain. But it is on that road where your character is truly tested. And have the courage to accept that you're not perfect, nothing is and no one is – and that's OK.

Katie Couric

- The best lightning rod for your protection is your own spine.

Ralph Waldo Emerson

- Have the courage of your desire.

George R. Gissing

- Love is the most difficult and dangerous form of courage. Courage is the most desperate, admirable and noble kind of love.

Delmore Schwartz

- A ship in port is safe, but that's not what ships are built for.

Grace Hopper

- Comedy is defiance. It's a snort of contempt in the face of fear and anxiety. And it's the laughter that allows hope to creep back on the inhale.

Will Durst

- He is courageous who endures and fears the right thing, for the right motive, in the right way and at the right times.

Aristotle

- Never let the fear of striking out keep you from playing the game.

Anonymous

- Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them.

Orison Swett Marden

- What would life be if we had no courage to attempt anything?

Vincent van Gogh

- The only rule is, do what you really, impulsively, wish to do. But always act on your own responsibility, sincerely. And have the courage of your own strong emotion.

D.H. Lawrence

“

Never be afraid to try something new. Remember: an amateur built the ark – professionals built the Titanic.

”

**Unknown**

- To dream anything that you want to dream. That's the beauty of the human mind. To do anything that you want to do. That is the strength of the human will. To trust yourself to test the limits. That is the courage to succeed.

Bernard Edmonds



- What may look like a small act of courage is courage nevertheless. The important thing is to be willing to take a step forward.

Dr. Daisaku Ikeda

- Success is not final, failure is not fatal: it is the courage to continue that counts.

Sir Winston Churchill

- Nothing in life is to be feared. It is only to be understood. Now is the time to understand more, so that we may fear less.

Marie Curie

- There's much to be said for challenging fate instead of ducking behind it.

Diana Trilling

- Courage is a special kind of knowledge: the knowledge of how to fear what ought to be feared and how not to fear what ought not to be feared.

David Ben-Gurion

- Courage is Grace under pressure

Ernest Hemingway

- Shoot for the moon. Even if you miss it you will land among the stars.

Les Brown

- When a resolute young fellow steps up to the great bully, the world, and takes him boldly by the beard, he is often surprised to find it comes off in his hand, and that it was only tied on to scare away the timid adventurers.

Ralph Waldo Emerson

- Two roads diverged in a wood, and I – I took the one less travelled by, and that has made all the difference.

Robert Frost

- With courage you will dare to take risks, have the strength to be compassionate, and the wisdom to be humble. Courage is the foundation of integrity.

Keshavan Nair

- Without courage, wisdom bears no fruit.

Baltasar Gracian

- The stories of past courage...can teach, they can offer hope, they can provide inspiration. But they cannot supply courage itself. For this each man must look into his own soul.

John F. Kennedy

- Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

Sir Winston Churchill

- I'm not afraid of storms, for I'm learning to sail my ship.

Louisa May Alcott

- We have come into this exquisite world to experience ever and ever more deeply our divine courage, freedom and light!

Hafez

- It is good to have an end to journey toward, but it is the journey that matters in the end.

Ernest Hemmingway

- Success is never final, failure is never fatal. It's courage that counts

John R. Wooden

- As for courage and will we cannot measure how much of each lies within us, we can only trust there will be sufficient to carry through trials which may lie ahead.

Andre Norton

- The greatest mistake you can make in life is to be continually fearing that you will make one.

Elbert Hubbard

- The great virtue in life is real courage that knows how to face facts and live beyond them.

D.H. Lawrence

“ Man cannot discover new oceans unless he has the  
courage to lose sight of the shore. ”

**André Gide**

- Loyalty to petrified opinions never yet broke a chain or freed a human soul in this world – and never will.

Mark Twain

- We must have the courage to bet on our ideas, to take the calculated risk, and to act.  
Everyday living requires courage if life is to be effective and bring happiness.

Maxwell Maltz

- Fear is a reaction. Courage is a decision.

Sir Winston Churchill

- Courage is about doing what you're afraid to do.  
There can be no courage unless you're scared.

Eddie Rickenbacker

- It takes courage to grow up and become who you really are.

e.e. cummings

“

do not be conquered by fear or loss or defeat, for  
without them, success and victory would be  
meaningless.

”

**Matthew Morgan**

- Courage is the price that life exacts for granting peace. The soul that knows not, knows no release from little things; knows not the livid loneliness of fear.

Amelia Earhart

- Courage is the ladder on which all the other virtues mount.

Brandon Francis Behan

- The bravest thing you can do when you are not brave is to profess courage and act accordingly.

Corra Harris

- No one has yet computed how many imaginary triumphs are silently celebrated by people each year to keep up their courage.

Athenæus

- Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate, is strength undefeatable.

Helen Keller

- If we study the lives of great men and women carefully and unemotionally we find that, invariably, greatness was developed, tested and revealed through the darker periods of their lives. One of the largest

tributaries of the River of Greatness is always the Stream of Adversity.

Cavett Robert

- Develop your own compass, and trust it. Take risks, dare to fail, remember the first person through the wall always gets hurt.

Aaron Sorkin

- The most courageous act is still to think for yourself. Aloud.

Gabrielle “Coco” Chanel

- The courage to imagine the otherwise is our greatest resource, adding color and suspense to all our life.

Daniel Boorstin

- Every heart that has beat strong and cheerfully has left a hopeful impulse behind it in the world, and bettered the tradition of mankind.

Robert Louis Stevenson



- I was set free because my greatest fear had been realised, and I still had a daughter who I adored, and I had an old typewriter and a big idea. And so rock bottom became a solid foundation on which I rebuilt my life.

J.K. Rowling

## Courtesy

- Courtesy is a silver lining around the dark clouds of civilization; it is the best part of refinement and in many ways, an art of heroic beauty in the vast gallery of man's cruelty and baseness.

Bryant H. McGill

- There is no beautifier of complexion, or form, or behaviour, like the wish to scatter joy and not pain around us. 'Tis good to give a stranger a meal, or a night's lodging. 'Tis better to be hospitable to his good meaning and thought, and give courage to a companion. We must be as courteous to a man as we are to picture, which we are willing to give the advantage of a good light.

Ralph Waldo Emerson

- The small courtesies sweeten life; the greater, ennoble it.

Christian Nestell Bovee

- Courtesy is the one coin you can never have too much of or be stingy with.

John Wanamaker

- A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.

Saint Basil the Great

- Enthusiasm is the mother of effort, and without it nothing great was ever achieved.

Ralph Waldo Emerson

- Tact is the ability to make a person see lightning without letting him feel the bolt.

Orlando A. Battista

- I appreciate people who are civil, whether they mean it or not. I think: Be civil. Do not cherish your opinion over my feelings. There's a vanity to candor that isn't really worth it. Be kind.

Richard Greenberg

- Intelligence and courtesy not always are combined;  
Often in a wooden house a golden room we find.

Henry Wadsworth Longfellow

- A little kindness from person to person is better than a  
vast love for all humankind

Richard Dehmel

- If a man be gracious and courteous to strangers, it  
shows he is a citizen of the world, and that his heart is  
no island cut off from other lands, but a continent that  
joins to them.

Sir Francis Bacon

- I shall pass this way but once; any good that I can do  
or any kindness I can show to any human being; let  
me do it now. Let me not defer nor neglect it, for I  
shall not pass this way again.

Etienne De Grellet

- Life is not so short but that there is always time for  
courtesy.

Ralph Waldo Emerson

- There is a courtesy of the heart; it is allied to love. From it springs the purest courtesy in the outward behaviour.

Johann Wolfgang von Goethe

- I place a high moral value on the way people behave. I find it repellent to have a lot, and to behave with anything other than courtesy in the old sense of the word – politeness of the heart, a gentleness of the spirit.

Fran Lebowitz

- Don't flatter yourself that friendship authorizes you to say disagreeable things to your intimates. The nearer you come into relation with a person, the more necessary do tact and courtesy become.

Oliver Wendell Holmes Jr.

- Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart.

Henry Clay

- Nothing is ever lost by courtesy. It is the cheapest of pleasures, costs nothing, and conveys much.

Erastus Wiman

- There can be no defense like elaborate courtesy

Edward V. Lucas

- The greater the man the greater the courtesy.

Alfred Lord Tennyson

- Courtesy is as much a mark of a gentleman as courage.

Theodore Roosevelt

- We owe each other truth and courtesy – though truth is sometimes a real constraint and courtesy inconvenient.

Max De Pree

- Among the qualities of mind and heart which conduce to worldly success, there is one, the importance of which is more real, and which is generally underrated in our day...It is courtesy.

Herbert Schiffer

## Creativity

- You can't use up creativity. The more you use, the more you use, the more you have.

Maya Angelou

- Logic will get you from A to B. Imagination will take you everywhere.

Albert Einstein

- Others have seen what is asked why. I have seen what could be and asked why not.

Pablo Picasso

- Creativity is intelligence having fun.

Albert Einstein

- To live a creative life, we must lose our fear of being wrong.

Joseph Clinton Pearce



- Anyone can look for fashion in a boutique or history in a museum. The creative explorer looks for history in a hardware store and fashion in an airport.

Robert S. Wieder

- Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep.

Scott Adams

- There are painters who transform the sun to a yellow spot, but there are others who with the help of their art and their intelligence transform a yellow spot into sun.

Pablo Picasso

- Creativity requires the courage to let go of certainties.

Erich Selligmann Fromm

- To be creative means to be in love with life. You can be creative only if you love life enough that you want to enhance its beauty, you want to bring a little more music to it, a little more poetry to it, a little more dance to it.

Osho

## Custom

- A life organized and perfectly disciplined for the discovery of the potentialities that lie lurking within us, is a life well spent.

homebusinessbuildr.com

- When a man is willing and eager, the gods join in

Aeschylus

- An investment in knowledge always pays the best interest

Benjamin Franklin

- Money never starts the idea; it is the idea that starts the money

W J Cameron

- Failure gives one the chance to start over again more intelligently

Henry Ford

- if you would live your life with ease; do what you ought, not what you please

Anonymous

- Getting rich ain't a blessing, it's a choice

Big Sean

- Focus, fight back and work very hard

Donald J Trump

- A good head and a good heart are always a formidable combination

Nelson Mandela

- Your words form your thoughts, your thoughts become your reality, your reality becomes your entire life

Robert Kiyosaki

- The easy road often becomes hard, and the hard road often becomes easy

Robert Kiyosaki

- Quality is never an accident, it is always the result of high intention, sincere effort, intelligent direction and skilful execution; it represents the wise choice of many alternatives

William A. Foster

- life isn't about finding yourself. Life is about creating yourself.

George Bernard Shaw, Irish playwright and Nobel Prize winner

- It is the mark of an educated mind to be able to entertain a thought without accepting it

Aristotle

- anti-social behaviour is a trait of intelligence in a world of conformists

Nicola Tesla

- to learn who rules over you, simply find out who you are not allowed to criticise

Voltaire

- government is not reason; it is not eloquent; it is force. Like fire, it is a dangerous servant and a fearful master

George Washington

- there are two ways to be fooled. One is to believe what is not true; the other is to refuse to accept what is true

Soren Kierkegaard

- no problem can be solved by the same level of consciousness that created it

Albert Einstein

- the roots of education are bitter, but the fruit is sweet

Aristotle

- it had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things

Leonardo da vinci

- the good life is one inspired by love and guided by knowledge

Bertrand Russell

- the universe is always speaking to us...sending us little messages, causing coincidences and serendipities, reminding us to stop, to look around, to believe in something else, something more

Nancy Thayer

- any intelligent fool can make things bigger and more complex...it takes a touch of genius – and a lot of courage to move in the opposite direction.

Albert Einstein

- the future is disorder. A door like this has cracked open five or six times since we got up on our hind legs. It is the best possible time to be alive, when almost everything you thought you knew is wrong

Tom Stoppard, *Arcadia*

- until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all

acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless dreams and splendid plans: that moment one definitely commits oneself, then Providence moves too...Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now

Johann Wolfgang Von Goethe

- don't treat ideas as precious commodities that you must save for the big reveal. Ideas are cheap and easy; it's making them happen that's valuable and difficult. Input from other people makes those ideas even more valuable

Randy J. Hunt, creative director, Etsy

- Methodically repeating a process, with gradual improvements each time, is like using a whetstone to sharpen a blade. Patience and constant refinement sharpen the product into something more powerful and effective than it could ever have been in one singular design that was released and left in its initial state



Randy J. Hunt; creative director, Etsy

- Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious. And however difficult it may seem, there is always something you can do and succeed at. It matters that you don't just give up

Stephen Hawking

- In the beginner's mind there are many possibilities, but in the expert's mind there are few

Shunryu Suzuki, Zen Mind, Beginner's mind

- When you are trying to validate an idea, the simplest method is always the best

Randy J. Hunt

- It's better to look ahead and prepare than to look back and regret

Bits & Pieces

- Shy and unready men are great betrayers of secrets;  
for there are few wants more urgent for the moment  
than the wants of something to say

Sir Henry Taylor (1800 – 1886), author of *The Statesman*

- The young man knows the rules, but the old man  
knows the exceptions

Anonymous

- Let us have faith that right makes might

Abraham Lincoln

- Panic comes suddenly like thunder from a blue sky.  
No shrewdness can foresee it and no talent avert it

Matthew Smith

- Of that which nothing is known, nothing can be said

Ludwig Wittgenstein, *Tractatus Logico-Philosophicus*

- A little inaccuracy sometimes saves tons of  
explanation

Saki, *The Square Egg* (1924)

- Heaven has no rage like love to hatred turned, Nor hell a fury like a woman scorned

William Congreve, *The Morning Ride*

- For every desired action, set a date, and when the date arrives, just go ahead and do it, NO MATTER WHAT

Jack J. Luna

- The history of freedom shows that such violence is not the growth of evil, but its death. Violence and the enforcement of law are necessary only when culture's grip fails effectively to control the minds of people. The death of kings, the transitions of nations, the mutations of culture and the violence of governments are evidence of the end of evil. Authorities of all kinds are struggling for breath in a world that is learning how to drown them forever. In the world you and I occupy, the war is already won. We have only to watch evil die

Jeremy Locke

- The fruits of liberty are everything good; and bring peace, prosperity and joy

Jeremy Locke

## Dedication

- The greatest pleasure in life is doing what people say you cannot do.

Walter Bagehot

- If you pay attention at every moment, you form a new relationship to time. In some magical way, by slowing down, you become more efficient, productive, and energetic, focusing without distraction directly on the task in front of you. Not only do you become immersed in the moment, you become that moment.

Michael Ray

- What first we find impossible, we later deem unlikely, and eventually accept as inevitable.

Bill Bennett

- I would rather lose in a cause that will someday win, than win in a cause that will someday lose.

Woodrow Wilson

- Good timber does not grow with ease; the stronger the wind, the stronger the trees.

Willard Marriot

- I am a slow walker, but I never walk backwards.

Abraham Lincoln

- If you really want to do something, you'll find a way.  
If you don't, you'll find an excuse.

Jim Rohn

- Most of us serve our ideals by fits and starts. The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. That is dedication.

Cecil B. DeMille

- The power of a movement lies in the fact that it can indeed change the habits of people. This change is not the result of force but of dedication, of moral persuasion.

Stephen Biko

- You have been my friend. That in itself is a tremendous thing...By helping you, perhaps I was trying to lift up my life a trifle. Heaven knows anyone's life can stand a little of that.

E.B. White

“

the price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

”

**Vince Lombardi**

- Dreams and dedication are a powerful combination.

William Longgood

- Dedication involves making the space to let young ideas take hold; every tree was once a seed and every company was once an idea.

Zephyr Bloch-Jorgensen

- Dedicate some of your life to others. Your dedication will not be a sacrifice. It will be an exhilarating experience because it is an intense effort applied toward a meaningful end.

Dr. Thomas Dooley

- In order to excel, you must be completely dedicated to your chosen sport. You must also be prepared to work hard and be willing to accept destructive criticism. Without 100% dedication, you won't be able to do this.

Wilson Mizner

- When you have a great and difficult task, something perhaps almost impossible, if you only work a little at a time, every day a little, suddenly the work will finish itself.

Isak Dinesen [Karen Blixen]



- He who would learn to fly one day must first learn to stand and walk and run and climb and dance; one cannot fly into flying.

Friedrich Nietzsche

- No horse gets anywhere until he is harnessed. No stream or gas gives anything until it is confined. No Niagara is ever turned into light and power until it is tunnelled. No life ever grows great until it is focused, dedicated, disciplined.

Harry Emerson Fosdick

- The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. That is dedication.

Cecil B. DeMille

- The struggle alone pleases us, not the victory.

Blaise Pascal

- When you cannot make up your mind which of two evenly balanced courses of action you should take, choose the bolder.

General W.J. Slim

## Determination

- Obstacles cannot crush me. Every obstacle yields to stern resolve. He who is fixed to a star does not change his mind.

Leonardo da Vinci

- I believe success is achieved by ordinary people with extraordinary determination.

Zig Ziglar

- Continuous effort not strength or intelligence is the key to unlocking our potential.

Black Elk [Hekaka Sapa]

- No matter what sort of adversity or challenge you might face, you can always believe that, with hope, it can be conquered and, in the end, you will be stronger for it.

Brooke Ellison

- She stood in the storm, and when the wind did not blow her away, she adjusted her sails.

Elizabeth Edwards

- The one thing all famous authors, world class athletes, business tycoons, singers, actors, and celebrated achievers in any field have in common is that they all began their journeys when they were none of these things.

Mike Dooley

- Athletes must dig down deep in the heat of competition to win; people must dig down deep in the game of life to succeed. The deeper we dig, the higher we soar.

Kirby Maus

- The mind determines what's possible. The heart surpasses it.

Pilar Coounta

- When you get into a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn.

Harriet Beecher Stowe

- Where the determination is, the way can be found.

George S. Clason

- A failure establishes only this, that our determination to succeed was not strong enough.

Hooshang N. Akhtar

- I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time.

Charles Dickens

- You must bring every particle of your energy, unanswerable resolution, your best efforts, your persistent industry to your task or the best will not come out of you. You must back up your ambition by your whole nature, by unbounded enthusiasm and a determination to win which knows no failure.

Drison Swett Marden

- The difference between the impossible and the possible lies in a person's determination.

Thomas Tommy Lasorda

- Your life does not get better by chance, it gets better by change.

Jim Rohn

- Effort only fully releases its reward after a person refuses to quit.

Napoleon Hill

- The longer I live, the more I am certain that the great difference between the great and the insignificant is energy – invincible determination – a purpose once fixed, and then death or victory.

Sir Thomas Buxton

- People of mediocre ability sometimes achieve outstanding success because they don't know when to quit. Most men succeed because they are determined to.

George Allen

- I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom.

George S. Patton

- The greatest oak was once a little nut that held its ground.

Unknown

- It's the constant and determined effort that breaks down all resistance, sweeps away all obstacles.

Claude M. Briston

- Arise, awake, and stop not until the goal is achieved.

Swami Vivekananda

- Nothing can withstand the power of the human will if it is willing to stake its very existence to the extent of its purpose.

Benjamin Disraeli

- A will finds a way

Orison Swett Marden

- There's no scarcity of opportunity to make a living at what you love. There is only a scarcity of resolve to make it happen.

Dr. Wayne Dyer

- No matter how much you plan it is tenacity, unyielding desire to succeed and the ability to cope with change that will eventually prevail.

Perry Payne

- Every day you make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb.

Sir Winston Churchill

- If I had to select one quality, one personal characteristic that I regard as being most highly correlated with success, whatever the field, I would pick the trait of persistence. Determination. The will to endure to the end, to get knocked down seventy



times and get up off the floor saying, “Here comes number seventy-one!”

Richard DeVos

- The man who can drive himself further once the effort gets painful is the man who will win.

Roger Bannister

- Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed – else like a flower cut from its life-giving roots, it will wither and die

Dwight D. Eisenhower

- Falling down is part life. Getting back up is living.

Anonymous

- You’ve got to get up every morning with determination if you’re going to go to bed with satisfaction.

George Horace Lorimer

- Never, never, never give up.

Sir Winston Churchill

- It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them, they went out and happened to things.

Leonardo da Vinci

- Life is truly known only to those who suffer, lose, endure adversity and stumble from defeat to defeat.

Anaïs Nin

- Sometimes there is nothing you can do, and in those times, you must do something anyway.

Garrison Keillor

- You cannot escape the results of your thoughts. Whatever your present environment may be, you will fall, remain or rise with your thoughts, your vision, your ideal. You will become as small as your controlling desire; as great as your dominant aspiration.

James Allen

- Well done is better than well said.

Benjamin Franklin

- Overcome the notion that you must be regular, it robs you of the chance to be extraordinary.

Uta Hagen

- Can't, never tried.

Robert J. Wright

- A mind is a fire to be kindled, not a vessel to be filled.

Plutarch

- Failure will never overtake me if my determination to succeed is strong enough.

Og Mandino

- The question isn't who is going to let me; it's who is going to stop me.

Ayn Rand

- We must have a theme, a goal, a purpose in our lives. If you don't know where you're aiming, you don't have a goal. My goal is to live my life in such a way that when I die, someone can say, she cared.

Mary Kay Ash

- It sometimes seems that intense desire creates not only its own opportunities, but its own talents.

Eric Hoffer

- Your opponent, in the end, is never really the player on the other side of the net, or the swimmer in the next lane, or the team on the other side of the field, or even the bar you must high-jump. Your opponent is yourself, your negative internal voices, your level of determination.

Grace Lichtenstein

- You cannot be wimpy out there on the dream-seeking trail. Dare to break through barriers, to find your own path.

Les Brown

- If you want to succeed you should strike out on new paths, rather than travel the worn paths of accepted success.

John D. Rockefeller, Sr.

- If you're trying to achieve, there will be road blocks. I've had them; everybody has them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.

Michael Jordan

- We will either find a way, or make one.

Hannibal

- An invincible determination can accomplish almost anything, and in this lies the great distinction between great men and little men.

Dr. Thomas Fuller

- A resolute determination is the truest wisdom.

Napoleon Bonaparte

## Devotion

- Whatever I am offered in devotion with a pure heart – a leaf, a flower, fruit, or water – I accept with joy.

Bhagavad Gita

- When we got home from that race that night, Rick wrote on the computer, ‘Dad, when I run it feels like my disability disappears.’ So, that was a very powerful message to me.

Dick Hoyt

- In the uttermost meaning of the words, thought is devout, devotion is thought. Deep calls unto deep.

Ralph Waldo Emerson

- I am because you are.

African Proverb

- The need for devotion to something outside ourselves is even more profound than the need for companionship. If we are not to go to pieces or wither

away, we must have some purpose in life; for no man can live for himself alone.

Ross Parmenter

- I really owe everything to my parents and their devotion and drive to see to it that their children had the education which led to the opportunities that they never were able to have.

George J. Mitchell

- Where we love is home. Home that the feet may leave, but not our hearts.

Oliver Wendell Holmes, Sr.

- True strength lies in submission which permits one to dedicate his life, through devotion, to something beyond himself.

Henry Miller

- A champion is someone who gets up when he can't.

Jack Dempsey

- History provides abundant examples of people whose greatest gift was in redeeming, inspiring, liberating, and nurturing the gifts of others.

Sonya Rudikoff

- I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen.

Frank Lloyd Wright

- Life doesn't come with an instruction book. That's why we have fathers.

H. Jackson Brown, Jr.

“

happiness includes chiefly the idea of satisfaction after full honest effort. No one can possibly be satisfied and no one can be happy who feels that in some paramount affairs he failed to take up the challenge of life.

”

**Arnold Bennett**



- Devotion, when it does not lie under the check of reason, is apt to degenerate into enthusiasm.

Joseph Addison

- I learned that landscape by drawing it, and I came to care for it with a lover's devotion.

Phillip Pullman

## Do thy best

- Always do your best. What you plant now, you will harvest later.

Og Mandino

- If you're doing your best, you won't have any time to worry about failure.

H. Jackson Brown, Jr.

“

Do the best you can until you know better. Then when  
you know better, do better.

”

**Maya Angelou**

- Do what you can, with what you have, where you are.

Theodore Roosevelt

- The enemy of great is good.

David Foster

## Do your part

- Let us tenderly and kindly cherish, therefore, the means of knowledge. Let us dare to read, think, speak, and write.

John Adams

- People are often unreasonable, irrational, and self-centered. Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway. If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway. If you are honest and sincere people may deceive you. Be honest and sincere anyway. What you spend years creating, others could destroy overnight. Create anyway. If you find serenity and happiness, some may be jealous. Be happy anyway. The good you do today, will often be forgotten. Do good anyway. Give the best you have, and it will never be enough. Give your best anyway.

Mother Teresa

- My hope still is to leave the world a bit better than when I got here.

Jim Henson

- Don't wait for extraordinary circumstance to do good; try to use ordinary situations.

Charles Richter

- You must be the change you wish to see in the world...

Mohandas Karamchand Gandhi

- Acknowledging a person for the good that they do is good, but not as good as committing to do that same good yourself.

Melanie E. Burgos

- Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love.

Therese of Lisieux

- There are souls in this world which have the gift of finding joy everywhere and leaving it behind them when they go.

Fredrick Faber

- If you are not going to move the whole dung heap, don't push in your stick because it is only going to make a stench.

Louise Adam

- Let everyone sweep in front of his own door, and the whole world will be clean.

Johann Wolfgang von Goethe

- Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.

Diana Spencer

- Happiness is always a by-product. You don't make yourself happy by chasing happiness. You make yourself happy by being a good person.

Unknown

- To put the world right in order, we must first put the nation in order; to put the nation in order, we must first put the family in order, to put the family in order, we must first cultivate our personal life; we must first set our hearts right.

Confucius

- We are not here merely to make a living. We are here to enrich the world with a fine spirit of hope and achievement – and we impoverish ourselves if we forget the errand.

Woodrow Wilson

- If you cannot do great things, do small things in a great way.

Napoleon Hill

## Drive

- Consult not your fears but your hopes and dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.

Pope John XXII

- Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it.

Oprah Winfrey

- Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it.

Ralph Marston



- Don't ever give up. Don't ever give in. Don't ever stop trying. Don't ever sell out. And if you find yourself succumbing to one of the above for a brief moment, pick yourself up, brush yourself off, whisper a prayer, and start where you left off. But never, ever, ever give up.

Richelle E. Goodrich

- It's faith that will take you through, and determination that will drive you.

Jonathan Anthony Burkett

- To believe in yourself and to follow your dream, to have goals in life and a drive to succeed, and to surround yourself with the things and the people that make you happy – this is success!

Sasha Azevedo

- Getting ahead in a difficult profession requires avid faith in yourself. That is why some people with mediocre talent, but with great inner drive, go much further than people with vastly superior talent.

Sophia Loren

- Nothing really worth having is easy to get. The hard-fought battles, the goals won with sacrifice, are the ones that matter.

Aisha Tyler

- Never look down to test the ground before taking your next step; only he who keeps his eye fixed on the far horizon will find the right road.

Dag Hammarskjöld

- Infuse your life with action. Don't wait for it to happen. Make it happen. Make your own future. Make your own hope. Make your own love. And whatever your beliefs, honor your creator, not by passively waiting for grace to come down from upon high, but by doing what you can to make grace happen...yourself, right now. Right down here on earth.

Bradley Whitford

- Whatever I have tried to do in life, I have tried with all my heart to do it well; whatever I have devoted myself to, I have devoted myself completely; in great

aims and in small I have always thoroughly been in earnest.

Charles Dickens

- You have to go wholeheartedly into anything in order to achieve anything worth having.

Frank Lloyd Wright

- Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it.

Ralph Waldo Emerson

- Obstacles are those frightful things you see when you take your eyes off the goal.

Hannah More

- For the first couple years you make stuff, it's just not that good. It's trying to be good, it has potential, but it's not. A lot of people never get past this phase; they quit. We all go through this. And if you are just starting out or you are still in this phase, you gotta know it's normal and the most important thing you

can do is a lot of work. It is only by going through a volume of work that you will close that gap, and your work will be as good as your ambitions.

Ira Glass

- Happiness is not a state to arrive at but a manner of travelling.

Margaret Lee Runbeck

- Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become lax about maintaining it. You must make a mighty effort to keep swimming upward into that happiness forever, to stay afloat on top of it.

Elizabeth Gilbert

- I've always found that anything worth achieving will always have obstacles in the way and you've got to have that drive and determination to overcome those

obstacles on route to whatever it is that you want to accomplish.

Chuck Norris

- Don't let the fear of striking out hold you back.

Babe Ruth

- When look at the kids training today...I can tell which ones are going to do well. It's not necessarily the ones who have the most natural talent or who fall the least. Sometimes it's the kids who fall the most, and keep pulling themselves up and trying again.

Michelle Kwan

## Education

- Do you know the difference between education and experience? Education is when you read the fine print; experience is what you get when you don't.

Pete Seeger

- The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.

Morris Adler

- I am a part of all that I have met.

Alfred Lord Tennyson

- The whole purpose of education is to turn mirrors into windows.

Sydney Harris

- You are educated. Your certification is in your degree. You may think of it as the ticket to the good life. Let me ask you to think of an alternative. Think of it as your ticket to change the world.

Tim Brokaw

- The purpose of an education is to replace an empty mind with an open one.

Malcolm S. Forbes

- Anyone who stops learning is old, whether at 2 or 8. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

Moshe Arens

- Educating the mind without educating the heart is no education at all.

Aristotle

- Education is the most powerful weapon which you can use to change the world.

Nelson Mandela

- Your greatness is measured by your kindness; your education and intellect by your modesty; your ignorance is betrayed by your suspicions and prejudices, and your real calibre is measured by the consideration and tolerance you have for others.

William J.H. Boetcker

- By sharing something, I realized that I'm not alone, that there are a lot of people that share with me the same preoccupations, the same ideas, the same ideals, and the same quest for a meaning for this life.

Paulo Coelho

- Education is a social process. Education is growth. Education is not a preparation for life; education is life itself.

John Dewey

- Whatever the cost of our libraries, the price is cheap compared to that of an ignorant nation.

Walter Cronkite

- Learning without thought is labor lost; thought without learning is perilous.

Confucius

- Challenges are what make life interesting; overcoming them is what makes life meaningful.



Joshua J. Marine

## Encouragement

- The spirited horse, which will try to win the race of its own accord, will run even faster if encouraged.

Ovid

- Four Very Powerful Words to Say to Your Child: I BELIEVE IN YOU.

Kevin Heath

- Set your life on fire. Seek those who fan your flames.

Jalal ad-Din Rumi

- If you wish your merit to be known, acknowledge that of other people.

Chinese Proverb

- You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins.

Jim Stovall

- Good words bring good feelings to the heart. Speak with kindness, always.

Rod Williams

- If you treat an individual as he is, he will remain how he is. But if you treat him as if he were what he ought to be and could be, he will become what he ought to be and could be.

Johann Wolfgang von Goethe

- Encouragement is the oxygen of the soul.

George M. Adams

- Kind words can be short and easy to speak, but their echoes are truly endless.

Mother Teresa

- Inspire and bring joy to all those you touch.

Rod Williams

- If human beings are perceived as potentials rather than problems, as possessing strengths instead of weaknesses, as unlimited rather than dull and

unresponsive, then they thrive and grow to their capabilities.

Barbara Bush

- When we treat man as he is. We make him worse than he is: when we treat him as if he already were what he potentially could be, we make him what he should be.

Johann Wolfgang von Goethe

- The greatest good you can do for another is not just to share your riches, but to reveal to him his own.

Benjamin Disraeli

- It is only as we develop others that we permanently succeed.

Harvey S. Firestone

- You have it easily in your power to increase the sum total of this world's happiness. How? By giving a few words of sincere appreciation to someone who is lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime.

Dale Carnegie

- Those who are lifting the world upward and onward are those who encourage more than criticize.

Elizabeth Harrison

- Correction does much, but encouragement does more.

Johann Wolfgang von Goethe

- Who is the happiest of men? He who values the merits of others, and in their pleasure takes joy, even as though t'were his own.

Johann Wolfgang von Goethe

- Look for the good and praise it.

Unknown

- Words have the power to both destroy and heal. When words are both true and kind, they can change our world.

Buddha

- Note how good you feel after you have encouraged someone else. No other argument is necessary to

suggest that never miss the opportunity to give encouragement.

George Burton Adams

- If I made it, it's half because I was game enough to take a lot of punishment along the way and half because there were a lot of people who cared enough to help me.

Althea Gibson

- Everyone has a story, make your own worth telling.

Patrick Ricketts

- One word or a pleasing smile is often enough to raise up a saddened and wounded soul.

Therese of Lisieux

- Most of us, swimming against the tides of trouble the world knows nothing about, need only a bit of praise or encouragement – and we will make the goal.

Jerome P. Fleishman

- Pretend that every single person you meet has a sign around his or her neck that says, Make Me Feel Important. Not only will you succeed in sales, you will succeed in life.

Mary Kay Ash

- Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.

Mark Twain

- Life becomes harder for us when we live for others, but it also becomes richer and happier.

Albert Schweitzer

- Treat people as if they were what they ought to be, and you help them to become what they are capable of being.

Johann Wolfgang von Goethe

- If you want your children to improve, let them overhear the nice things you say about them to others.

Haim Ginott

- Find the good – and praise it.

Alex Heley

- The circulation of confidence is better than the circulation of money.

James Madison

- Our chief want is someone who will inspire us to be what we know we could be.

Ralph Waldo Emerson

- When you have once seen the glow of happiness on the face of a beloved person, you know that a man can have no vocation but to awaken that light on [all] the faces surrounding him.

Albert Camus

- Children are apt to live up to what you believe of them.

Lady Bird Johnson

- I have yet to find the man, however exalted his station, who did not do better work and put forth



greater effort under a spirit of approval than under a spirit of criticism.

Charles Schwab

- Never let the odds keep you from doing what you know in your heart you were meant to do.

H. Jackson Brown, Jr.

“

Each person has an ideal, a hope, a dream which represents the soul. We must give to it the warmth of love, the light of understanding and the essence of encouragement.

”

**Colby Dorr Dam**

- ...there are persons who seem to have overcome obstacles and by character and perseverance to have risen to the top. But we have no record of the numbers of able persons who fall by the wayside, persons who, with enough encouragement and opportunity, might make great contributions.

Mary Barnett Gilson

- I love you not because of who you are, but because of who I am when I am with you.

Roy Coft

- Promise yourself to be just as enthusiastic about the success of others as you are about your own.

Christian D. Larson

## Equality

- Trust in what you love, continue to do it, and it will take you where you need to go.

Natalie Goldberg

- Nobody is superior, nobody is inferior, but nobody is equal either. People are simply unique, incomparable. You are you, I am I.

Osho

- This is the way of peace: Overcome evil with good, falsehood with truth, and hatred with love.

Peace Pilgrim

- No two leaves are alike, and yet there is no antagonism between them or between the branches on which they grow.

Mohandas Karamchand Gandhi

- We all should know that diversity makes for a rich tapestry, and we must understand that all the threads

of the tapestry are equal in value no matter what their color.

Maya Angelou

- We may have different religious, different languages, different colored skin, but we all belong to one human race. We all share the same basic values.

Kofi Annan

- I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.

Martin Luther King, Jr.

- Equality is not in regarding different things similarly, equality is in regarding different things differently.

Tom Robbins

- As you grow up, always tell the truth, do no harm to others, and don't think you are the most important being on earth. Rich or poor, you then can look

anyone in the eye and say, 'I'm probably no better than you, but I'm certainly your equal.'

Harper Lee

- We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.

Jimmy Carter

- I believe in the equality of man; and I believe that religious duties consist in doing justice, loving mercy, and endeavouring to make our fellow-creatures happy.

Thomas Paine

- There are no traffic jams along the extra mile.

Roger Staubach

- The craving for equality can express itself either as a desire to pull everyone down to our level or as a desire to raise ourselves up along with everyone else.

Friedrich Nietzsche

- Equality is the soul of liberty; there is, in fact, no liberty without it.

Frances Wright

- Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk.

Doug Larson

## Excellence

- Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.

Aristotle

- Excellence can be achieved if you...risk more than others think is safe, love more than others think is wise, dream more than others think is practical, and expect more than others think is possible.

Anonymous

- The love of fame is almost another name for the love of excellence; or it is the ambition to attain the highest excellence, sanctioned by the highest authority, that of time.

William Hazlitt

- If we did the things we are capable of doing we would literally astound ourselves.

Thomas Edison

- Life consists not in holding good cards but in playing those you hold well.

Josh Billings

- Excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skilful execution and the vision to see obstacles as opportunities.

Anonymous

- Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion. The potential for greatness lives within each of us.

Wilma Rudolph

- If you are content with the best you have done, you will never become the best you can be.

Unknown

- One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot



practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest.

Maya Angelou

- The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field or endeavour.

Vince Lombardi

- Only a life lived for others is worth living.

Albert Einstein

- Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it.

Louis "Lou" Holtz

- What actions are the most excellent? To gladden the heart of a human being, to feed the hungry, to help the afflicted, to lighten the sorrowful, and to remove the wrongs of the injured.

Koran

- Use what talents you possess: the woods would be very silent if no birds sang there except those that sang best.

Henry van Dyke

- Let's give the historians something to write about.

Properitus

- Greatness is more than potential. It is the execution of that potential. Beyond the raw talent. You need the appropriate training. You need the discipline. You need the inspiration. You need the drive.

Eric A. Burns

## Family

- You can kiss your family and friends good-bye and put miles between you, but at the same time you carry them with you in your heart, your mind, your stomach, because you do not just live in a world but a world lives in you.

Frederick Buechner

- I sustain myself with the love of family

Maya Angelou

- In every conceivable manner, the family is link to our past, bridge to our future.

Alex Haley

- This is part of what a family is about, not just love. It's knowing that your family will be there watching out for you. Nothing else will give you that. Not money. Not fame. Not work.

Mitch Albom

- Hold on to what is good, even if it's a handful of earth. Hold on to what you believe, even if it's a tree that stands by itself. Hold on to what you must do, even if it's a long way from here. Hold on to your life, even if it's easier to let go. Hold on to my hand, even if I've gone away from you.

#### Pueblo Indian Prayer

- Having somewhere to go is home, having someone to love is family, having both is a blessing.

#### Unknown

- Always reward your long hours of labor surrounded by your family. Nurture their love carefully, remembering that your children need models, not critics. And even if you have failed at all else in the eyes of the world, if you have a loving family, you are a success.

#### Og Mandino

- Home is people. Not a place. If you go back there after the people are gone, then all you can see is what is not there any more.

Robin Hobb

- The bond that links your true family is not one of blood, but of respect and joy in each other's life. Rarely do members of one family grow up under the same roof.

Richard David Bach

- You must remember, family is often born of blood, but it doesn't depend on blood. Nor is it exclusive of friendship. Family members can be your best friends, you know. And best friends, whether or not they are related to you, can be your family.

Trenton Lee Stewart

## Fitness

- Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things you only hoped for.

Epictetus

- Health is the greatest of all possessions; a pale cobbler is better than a sick king.

Jonathan Swift

- If it doesn't challenge you, it doesn't change you.

Fred DeVito

- Unheard of means it's only undreamed of yet; Impossible means it's just not yet done.

Julia Ecklar

- Don't find the time to exercise, make the time to exercise.

Unknown

- Motivation is what gets you started. Habit is what keeps you going.

Jim Ryun

- Take care of your body. It's the only place you have to live.

Jim Rohn

- Open your heart – open it wide someone is standing outside.

Mary Engelbreit

## Foresight

- I cannot lead you into battle. I do not give you laws or administer justice but I can do something else – I can give my heart and my devotion to these old islands and to all the peoples of our brotherhood of nations.

Queen Elizabeth II

- Anticipation is the key to success.

Monica Hortobagyi

- History will be kind to me for I intend to write it.

Sir Winston Churchill

- Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world.

John Milton

- The young man and woman with sight see things as they are. The young man and woman with insight, see things as they could be.



Joseph P. Martino

- When you expect things to happen – strangely enough – they do happen.

J.B. Morgan and Ewing Webb

“

discipline isn't just punishing, forcing compliance or stamping out bad behaviour. Rather, discipline has to do with teaching proper deportment, caring about others, controlling oneself and putting someone else's wishes before one's own when the occasion calls for it.

”

**Lawrence Balter**

- There were barriers still, it is true, but barriers that could in time be swept away.

Helen Keller

- Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity.

George S. Patton

- Those who can adapt to change are those who will continue to grow.

Justin Ramalho

- I'm a great believer in luck and I find the harder I work, the more I have of it.

Thomas Jefferson

- Someone is enjoying shade today because someone planted a tree a long time ago.

Warren Buffett

- The day the child realizes that all adults are imperfect he becomes an adolescent; the day he forgives them, he becomes an adult; the day he forgives himself he becomes wise.

Alden Nowlan

- Nothing is at last sacred but the integrity of your own mind.

Ralph Waldo Emerson

- Begin with end in mind.

Stephen R. Covey

- All this will not be finished in the first hundred days.  
Nor will it be finished in the first one thousand days.  
Nor even perhaps in our lifetime on this planet. But  
let us begin.

John F. Kennedy

# Forgiveness

- Life means to have something definite to do – a mission to fulfilled - and in the measure in which we avoid setting our life to something, we make it empty. Human life by its very nature has to be dedicated to something.

Jose Ortega y Gassett

- Only the brave know how to forgive; it is the most refined and generous pitch of virtue human nature can arrive at.

Lawrence Sterne

- Forgiveness is not an occasional act: it is an attitude.

Martin Luther King, Jr.

- The past is a guidepost, not a hitching post.

L. Thomas Holdcroft

“

maintain composure in times of heightened emotion, reacting only when thoughts are calm and clear. Being sensible will open doors for solutions and creativity.

”

**Jaren L. Davis**

- We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us.

Martin Luther King, Jr.

- As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.

Nelson Mandela

- Life is an adventure in forgiveness.

Norman Cousins

- Forgiveness is the fragrance the violet sheds on the heel that has crushed it.

Mark Twain

- Yesterday is but a dream, and tomorrow is only a vision, but today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope.

Khalil Gibran

- Forgive many things in others: nothing in yourself.

Ausonius

- It's okay to look back at the past. Just don't stare.

Benjamin Dover

- They learn tolerance for others' faults through our tolerance of their own.

Cathy Ridner Tempelsman

- There can only be one state of mind as you approach any profound test; total concentration, a spirit of togetherness, and strength.

Pat Riley

- One forgives to the degree that one loves

François Duc De La Rochefoucauld

- Every man should keep a fair-sized cemetery in which to bury the faults of his friends.

Henry Ward Beecher

- It is only imperfection that complains of what is imperfect. The more perfect we are, the more gentle and quiet we become towards the defects of others.

Joseph Addison

- There's no point in burying a hatchet if you're going to put a marker on the site.

Sydney Harris

- Sincere forgiveness isn't colored with expectations that the other person apologize or change. Don't

worry whether or not they finally understand you.  
Love them and release them. Life feeds back truth to  
people in its own way and time

Sara Paddison

- It is very easy to forgive others their mistakes; it takes more grit and gumption to forgive them for having witnessed your own.

Jessamyn West

- To forgive is to set a prisoner free and discover that the prisoner was you.

Lewis B. Smedes

- Forgiveness is man's deepest need and highest achievement.

Horace Bushnell

- It is a very delicate job to forgive a man without lowering him in his own estimation and yours too.

Josh Billings [Henry Wheeler Shaw]

- There is no revenge so complete as forgiveness.



Josh Billings [Henry Wheeler Shaw]

- To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.

Robert Muller

- To understand all is to forgive all.

French Proverb

- Until we have seen someone's darkness, we don't really know who they are. Until we have forgiven someone's darkness, we don't really know what love is.

Marianne Williamson

- You don't have to accept the invitation to get angry. Instead, practice forgiveness, empathy and encouragement.

Dan Fallon

- Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

Buddha

- Rather than admit a mistake, nations have gone to war, families have separated, and good people have sacrificed everything dear to them. Admitting that you were wrong is just another way of saying that you are wiser today than yesterday.

Don Ward

- Forgiveness is the answer to the child's dream of a miracle by which what is broken is made whole again, what is soiled is made clean again.

Dag Hammarskjöld

- He who forgives ends the quarrel.

Anonymous

- Forgiveness is a virtue of the brave.

Indira Gandhi

- I will permit no man to narrow and degrade my soul by making me hate him.

Booker T. Washington

- People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.

Audrey Hepburn

- Without forgiveness, there's no future.

Archbishop Desmond Tutu

- It is easier to forgive an enemy than to forgive a friend.

William Blake

- Before you can live a part of you has to die. You have to let go of what could have been, how you should have acted and what you wish you would have said differently. You have to accept that you can't change the past experiences, opinions of others at that moment in time or outcomes from their choices or yours. When you finally recognize that truth, then you will understand the true meaning of forgiveness of yourself and others. From this point you will finally be free.

Shannon L. Alder

- Forgive, son; men are men; they needs must err.

Euripides

- To understand is to forgive, even oneself.

Alexander Chase

- Little, vicious minds abound with anger and revenge, and are incapable of feeling the pleasure of forgiving their enemies.

Lord Chesterfield

- True forgiveness is when you can say, 'Thank you for that experience.'

Oprah Winfrey

- To carry a grudge is like being stung to death by one bee.

William Walton

- Never does the human soul appear so strong and noble as when it forgoes revenge and dares to forgive injury.

Edwin Hubbel Chapin

- The weak can never forgive. Forgiveness is the attribute of the strong.

Mohandas Karamchand Gandhi

- The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness.

Honore de Balzac

- Forgiveness does not change the past, but it does change the future.

Paul Boese

- Since nothing we intend is ever faultless, and nothing we attempt ever without error, and nothing we achieve without some measure of finitude and fallibility we call humanness, we are saved by forgiveness.

David Augsburg

## Friendship

- Friendship marks a life even more deeply than love. Love risks degenerating into obsession, friendship is never anything but sharing.

Elie Wiesel

- Friendship is the greatest of worldly goods. Certainly to me it is the chief happiness of life. If I had to give a piece of advice to a young man about a place to live, I think I should say, ‘Sacrifice almost everything to live where you can be near your friends.’ I know I am very fortunate in that respect

C.S. Lewis

“

What is a friend? A single soul dwelling in two bodies.

”

**Aristotle**

- A blessed thing it is for any man or woman to have a friend, one human soul whom we can trust utterly, who knows the best and worst of us, and who loves us in spite of all our faults.

Charles Kingsley

- If a man does not make new acquaintance as he advances through life, he will soon find himself left alone. A man, sir, should keep his friendship in constant repair.

Dr Samuel Johnson

- A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked.

Bernard Meltzer

- Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Walk beside me and be my friend.

Albert Camus

- Friendship among nations, as among individuals, calls for constructive efforts to muster the forces of humanity in order that an atmosphere of close understanding and cooperation may be cultivated.

Franklin D. Roosevelt

- Worrying is like a rocking chair, it gives you something to do, but it gets you nowhere.

Glen Turner

- There is a destiny that makes us brothers, no one goes his way alone; all that we send into the lives of others, comes back into our own.

Edwin Markham

- If we would build on a sure foundation in friendship we must love friends for their sake rather than our own.

Charlotte Brontë

- A friend is someone who reached for your hand and touched your heart.

Unknown



- There is nothing I would not do for those who are really my friends. I have no notion of loving people by halves, it is not my nature.

Jane Austen

- We all need friends with whom we can speak of our deepest concerns, and who do not fear to speak truth in love to us.

Margaret Guenther

- Shared joys make a friend, not shared sufferings.

Friedrich Nietzsche

- We only want that which is given naturally to all peoples of the world, to be masters of our own fate, not of others, and in cooperation and friendship with others.

Golda Meir

- I always felt that the great high privilege, relief and comfort of friendship was that one had to explain nothing.

Katherine Mansfield

- Am I not destroying my enemies when I make friends of them?

Abraham Lincoln

- There are good ships and wood ships, ships that sail the sea, but the best ships are friendships, may they always be!

Irish Proverb

- Wherever we are, it is our friends that make our world.

Henry Drummond

- A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow.

Elbert Hubbard

- A friend is a person with whom I may be sincere. Before him, I may think aloud.

Ralph Waldo Emerson

- Our chief want in life, is, someone who shall make us do what we can. This is the service of a friend. With him we are easily great.

Ralph Waldo Emerson

- Love is blind; friendship closes its eyes.

Friedrich Nietzsche

- I do not wish to treat friendships daintily, but with the roughest courage. When they are real, they are not glass threads or frost-work, but the solidest thing we know.

Ralph Waldo Emerson

- Friendship is always a sweet responsibility; never an opportunity.

Khalil Gibran

- Friendship is the finest balm for the pangs of despised love.

Jane Austen

- You make each day a special day. You know how, by just your being you.

Fred Rogers

- Perhaps the most delightful friendships are those in which there is much agreement, much disputation, and yet more personal liking.

George Eliot [Mary Ann Evans]

- My friends are my estate.

Emily Dickinson

- What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.

Albert Camus

- Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses.

Ann Landers

- Some come and leave, fulfilling a single purpose; others, for a time or a season to teach us by sharing their experiences; and last, a select few who participate forever with relationships that endure through eternity.

Jaren L. Davis

- Friendship is born at that moment when one person says to another: ‘What! You too? I thought I was the only one.’

C.S. Lewis

“

It is not lack of love, but a lack of friendship that makes  
unhappy marriages.

”

**Friedrich Nietzsche**

- We cannot tell the precise moment when friendship formed. As in filling a vessel drop by drop, there is at last a drop which makes it run over; so in a series of kindness there is at last one which makes the heart run over.

Dr. Samuel Johnson

- The friend who holds your hand and says the wrong things is made of dearer stuff than the one who stays away.

Barbara Kingsolver

- Greater love has no one than this, that he lay down his life for his friends.

Bible

- When the character of a man is not clear to you, look at his friends.

Japanese Proverb

- A true friend knows your weaknesses but shows you your strengths; feels your fears but fortifies your faith;

sees your anxieties but frees your spirit; recognizes your disabilities but emphasizes your possibilities.

William Arthur Ward

- The most beautiful discovery true friends make is that they can grow separately without growing apart.

Elizabeth Foley

- Friendship is the inexpressible comfort of feeling safe with a person, having neither to weigh thoughts nor measure words.

George Elliot [Mary Ann Evans]

- Friends broaden our horizons. They serve as new models with whom we can identify. They allow us to be ourselves – and accept us that way. They enhance our self-esteem because they think we're okay, because we matter to them. And because they matter to us – for various reasons at various levels of intensity – they enrich the quality of our emotional life.

Judith Viorst

- Friendship is love with understanding.

Proverb

- Many people will walk in and out of your life but only true friends will leave footprints in your heart.

Eleanor Roosevelt

- A good friend is a connection to life, a tie to the past, a road to the future, the key to sanity in a totally insane world.

Lois Wyse

- Have no friends not equal to yourself.

Confucius

- One of the most beautiful qualities of true friendship is to understand and to be understood.

Lucius Annaeus Seneca

- The language of friendship is not words but meanings.

Henry David Thoreau



- When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.

Henri Nouwen

- A true friend freely, advises justly, assists readily, adventures boldly, takes all patiently, defends courageously, and continues a friend unchangeably.

William Penn

- To be capable of steady friendship or lasting love, are the two greatest proofs, not only of goodness of heart, but of strength of mind.

Paul Aubuchon

- The most I can do for my friend is simply to be his friend. I have no wealth to bestow on him. If he knows that I am happy in loving him, he will want no other reward. Is not friendship divine in this?

Henry David Thoreau

- We are all travellers in the wilderness of this world, and the best we can find in our travels is an honest friend.

Robert Louis Stevenson

- Real friends are those who, when you've made a fool of yourself, don't feel that you've done a permanent job.

Erwin T. Randall

- When being together is more important than what you do, you are with a friend.

Connie McMartin

- Friendship improves happiness and abates misery, by the doubling of our joy and the dividing of our grief.

Marcus Tullius Cicero

- True friendship is like sound health, the value of it is seldom known until it be lost.

Charles Caleb Colton

- Friendship with oneself is all-important, because without it one cannot be friends with anyone else in the world.

Eleanor Roosevelt

- Perhaps the secret of living well is not in having all the answers but in pursuing unanswerable questions in good company.

Rachel Naomi Remen

- There can be no friendship without confidence, and no confidence without integrity.

Dr. Samuel Johnson

- Consult your friend on all things, especially on those which respect yourself. His counsel may then be useful where your own self-love might impair your judgment.

Seneca

- Friendship is almost always the union of a part of one mind with a part of another: People are friends in spots.

George Santayana

- The bird, a nest; the spider, a web; man, friendship.

William Blake

- Friendship is unnecessary, like philosophy, like art...it has no survival value; rather is one of those things that give value to survival.

C.S. Lewis

“

some people go to priests; others to poetry; I to my friends.

”

**Virginia Woolf**

- Be slow in choosing a friend, slower in changing.

Benjamin Franklin

- May love and laughter light your days, and warm your heart and home. May good and faithful friends be yours wherever you may roam...

Irish Proverb

# Generosity

- Wherever there is a human in need, there is an opportunity for kindness and to make a difference.

Kevin Heath

- He who wishes to secure the good of others has already secured his own.

Confucius

- Give yourself entirely to those around you. Be generous with your blessings. A kind gesture can reach a wound that only compassion can heal.

Steve Maraboli

- Good actions give strength to ourselves and inspire good actions in others.

Plato

- Infinitely more important than sharing one's material wealth is sharing the wealth of ourselves – our time and energy, our passion and commitment, and, above all, our love.

William E. Simon

- The way you get meaning into your life to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning.

Mitch Albom

- The heart that gives, gathers.

Marianne Moore

- Generosity lies less in giving much than in giving at the right moment.

Jean de La Bruyère

- Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces. Smell the rain, and feel the wind. Live your life to the fullest potential, and fight for your dreams.

Ashley Smith

- From what we get, we can make a living; what we give, however, makes a life.

Arthur Ashe

- A pessimist, they say, sees a glass as being half empty; an optimist sees the same glass as half full. But a giving person sees a glass of water and starts looking for someone who might be thirsty.

G. Donald Gale

“

No one has ever become poor by giving.

”

**Anne Frank**

- Do all the good you can. By all the means you can. In all the ways you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can.

John Wesley



- Generosity consists not the sum given, but the manner in which it is bestowed.

Mohandas Karamchand Gandhi

- That's what I consider true generosity: You give your all, and yet you always feel as if it costs you nothing.

Simone de Beauvoir

- The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity.

Benjamin Franklin

## Giving back

- You are here for a purpose. There is no duplicate of you in the whole wide world. There never has been, there never will be. You were brought here now to fill a certain need. Take time to think that over.

Lou Austin

- Think left and think right and think low and think high. Oh, the thinks you can think up if only you try!

Theodor Seuss Geisel

- There's no substitute for rolling up your sleeves and working with the people who can make a difference. They get the benefit of your participation and you gain a direct understanding of the real problems and potential solutions, which makes you a more informed giver.

Michael Milken

- As great scientists have said and as all children know, it is above all by the imagination that we achieve perception, and compassion, and hope.

Ursula K. Le Guin

- The greatest use of life is to spend it for something that will outlast it.

William James

- Giving frees us from the familiar territory of our own needs by opening our mind to the unexplained worlds occupied by the needs of others.

Barbara Bush

- Giving is a universal opportunity. Regardless of your age, profession, religion, income bracket, and background, you have the capacity to create change.

Laura Arrillaga-Andreessen

- Laugh at yourself, but don't ever aim your doubt at yourself. Be bold. When you embark for strange places, don't leave any of yourself safely on shore. Have the nerve to go into unexplored territory.

Alan Alda

## Good manners

- Treat everyone with politeness, even those who are rude to you – not because they are nice, but because you are.

Unknown

- Good manners will open doors that the best education cannot.

Clarence Thomas

- Manners are a sensitive awareness of the feelings of others. If you have that awareness, you have good manners, no matter which fork you use.

Emily Post

- One of the greatest victories you can gain over someone is to beat him at politeness.

Josh Billings

- I seek constantly to improve my manners and graces, for they are the sugar to which all are attracted.

Og Mandino

- Good manners sometimes means simply putting up with other people's bad manners.

H. Jackson Brown, Jr.

“

good manners have much to do with emotions. To make them ring true, one must feel them, not merely exhibit them.

”

**Amy Vanderbilt**

- Good manners and soft words have brought many a difficult thing to pass.

Sir John Vanbrugh

- Friends and good manners will carry you where money won't go

Margaret Walker

- The real test of good manners is to be able to put up with bad manners pleasantly.

Kahlil Gibran

- Respect for ourselves guides our morals; respect for others guides our manners.

Lawrence Sterne

- There is no teaching to compare with example.

Sir Robert Baden-Powell

# Gratitude

- To live a life fulfilled reflect on the things you have with gratitude.

Jaren L. Davis

- They are not poor that have little, but they that desire much. The richest man, whatever his lot, is the one who's content with his lot.

Dutch Proverb

- If we magnified blessings as much as we magnify disappointments, we would all be much happier.

John R. Wooden

- Gratitude is the sign of noble souls.

Aesop

- In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.

Dietrich Bonhoeffer

- Gratitude is not only the greatest of virtues, but the parent of all others.

Marcus Jullius Cicero

- In the end, though, maybe we must all give up trying to pay back the people in this world who sustain our lives. In the end, maybe it's wiser to surrender before the miraculous scope of human generosity and to just keep saying thank you, forever and sincerely, for as long as we have voices.

Elizabeth Gilbert

- Reflect upon your present blessings, of which every man has plenty; not on our past misfortunes of which all men have some.

Charles Dickens

- As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy



- The pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.

H.U. Westermayer

“

in moments of discouragement, defeat, or even despair, there are always certain things to cling to. Little things usually: remembered laughter, the face of a sleeping child, a tree in the wind-in fact, any reminder of something deeply felt or dearly loved. No man is so poor as not to have many of these small candles. When they are lighted, darkness goes away – and a touch of wonder remains.

”

### **These Small Candles**

- The time you enjoy wasting is not wasted time.

Bertrand Russell

- Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving.

W.T. Purkiser

“

gratitude is happiness double by wonder.

”

**G.K. Chesterton**

“

If the only prayer you ever say in your entire life is thank  
you, it will be enough.

”

**Meister Eckhart [Johannes Eckhart]**

- To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven.

Johannes A. Gaertner

- Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.

Marcel Proust

- ...it is not joy that makes us grateful; it is gratitude that makes us joyful.

David Steindl-Rast

- In our daily lives, we must see that it is not happiness that makes us grateful, but the gratefulness that makes us happy.

Albert Clarke

- Gratitude is the memory of the heart.

Jean-Baptiste Massieu

- Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

Melody Beattie

- Delight in the little things

Rudyard Kipling

- For each new morning with its light, for rest and shelter of the night, For health and food, for love and friends, For everything thy goodness sends

Ralph Waldo Emerson

- Some people grumble that roses have thorns; I am grateful that thorns have roses.

Jean-Batiste Alphonse Karr

- The hardest arithmetic to master is that which enables us to count our blessings.

Eric Hoffer

- Wealth consists not in having great possessions, but in having few wants.

Epictetus

- You have no cause for anything but gratitude and joy.

Buddha

- The world is but a canvas to the imagination.

Henry David Thoreau

- He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.

Epictetus

- In all affairs it's a healthy thing now and then to hang a question mark on the things you have long taken for granted.

Bertrand Russell

- Money matters, but less than we think and not in the way we think. Family is important. So are friends.

Envy is toxic. So is excessive thinking. Beaches are optional. Trust is not. Neither is gratitude.

Eric Weiner

- Giving is so often thought of in terms of the things we give, but our greatest giving is of our time, and kindness, and even comfort for those who need it. We look on these gifts as unimportant – until we need them.

Joyce Sequichie Hifler

- Reflect upon your present blessings – of which every man has many – not on your past misfortunes, of which all men have some.

Charles Dickens

- The world is full of such wondrous things; we should all be as happy as kings.

Anonymous

- Take as a gift whatever the day brings forth...

Horace

- One man may hit the mark, another blunder; but heed not these distinction. Only from the alliance of the one, working with and through the other, are great things born.

Antoine de Sainte-Exupery

- The essence of all beautiful art, all great art, is gratitude.

Friedrich Nietzsche

- Let us rise up and be thankful for if we didn't learn a lot today at least we learned a little and if we didn't learn a little at least we didn't get sick and if we got sick at least we didn't die; so, let us be thankful.

Buddha

- Rejoice in the things that are present; all else is beyond thee.

Michel De Montaigne

- I still miss those I loved who are no longer with me but I find I am grateful for having loved them. The gratitude has finally conquered the loss.

Rita Mae Brown

- Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.

Henri-Frederic Amiel

- We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.

Frederick Koeing

- Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.

Oprah Winfrey

- When eating bamboo sprouts, remember the man who planted them.

Chinese Proverb

- When I started counting my blessings, my whole life turned around.

Willie Nelson



- Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do take the day, and leave out the gratitude.

E.P. Powell

“

gratitude unlocks the fullness of life. It turns what we  
have into enough, and more.

”

**Melodie Beattie**

- If you can't reward then you should thank.

Arabic Proverb

- The deepest craving of human nature is the need to be appreciated.

William James

- You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given.

Sarah Ban Breathmach

- Gratitude is the most exquisite form of courtesy.

Jacques Maritain

- Now is no time to think to of what you do not have. Think of what you can do with what there is.

Ernest Hemingway

- Who will tell whether one happy moment of love or the joy of breathing or walking on a bright morning and smelling the fresh air, is not worth all the suffering and effort which life implies.

Erich Seligmann Fromm

- Happiness is itself a kind of gratitude.

Joseph Wood Krutch

- Fall seven times, stand up eight.

Japanese Proverb

- My riches consist not in the extent of possessions, but in the fewness of my wants.

Joseph Brotherton

- Silent gratitude isn't much use to anyone.

G.B. [Gladys Bertha] Stern

“

to educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude.

”

**Albert Schweitzer**

- I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.

G.K. Chesterton

“

Stop thinking gratitude as a buy product of your circumstance and start thinking of it as a world view.

”

**Bryan Robles**

- Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.

William Arthur Ward

## Great music

- Sense shines with a double luster when it is set in humility. An able and yet humble man is a jewel worth a kingdom

William Penn

- A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles.

Washington Irving

- Music enters our bodies, commandeering the pulse in our veins, and reminds us that pleasure isn't a matter of feeling good but of feeling more alive.

Holly Brubach

- Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.

Plato

## Grit

- Grit is passion and perseverance for very long-term goals. Grit is having stamina. Grit is sticking with your future, day-in, day-out. Not just for the week, not just for the month, but for years. And working really hard to make that future a reality. Grit is living life like it's a marathon, not a sprint.

Dr. Angela Lee Duckworth

- The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands at times of challenge and controversy.

Martin Luther King, Jr.

- The same boiling water that softens the potato hardens the egg. It's about what you're made of, not the circumstances.

Unknown

- Only those who will risk going too far can possibly find out how far one can go.

T.S. Elliot

“

true grit is making a decision and standing by it, doing  
what must be done. No moral man can have peace of mind  
if he leaves undone what he knows he should have done.

”

**John Wayne**

## Hard work

- Confidence is the result of hours and days and weeks and years of constant work and dedication.

Roger Staubach

- Genius 1% inspiration and 99% perspiration. Accordingly a genius is often merely a talented person who has done all of his or her homework.

Thomas Edison

- All the art of living lies in a fine mingling of letting go and holding on

Henry Ellis

- Nobody's a natural. You work hard to get good and then work to get better. It's hard to stay on top.

Paul Coffey

- If a man is called to be a streetsweeper, he should sweep streets even as Michelangelo painted, or Beethoven played music, or Shakespeare wrote poetry. He should sweep streets so well that all the



hosts of heaven and earth will pause to say, here lived  
a great streetsweeper who did his job well.

Martin Luther King, Jr.

- In all human affairs there are efforts, and there are results, and the strength of the effort is the measure of the result.

James Allen

- The healthiest competition occurs when average people win by putting above average effort.

Colin Powell

- By the work one knows the workman.

Jean de La Fontaine

- We forget that every good that is worth possessing must be paid for in strokes of daily effort. We postpone and postpone, until those smiling possibilities are dead.

William James

- Far and away the best prize that life offers is the chance to work hard at work worth doing.

Theodore Roosevelt

- Any necessary work that pays an honest wage carries its own honor and dignity.

W. Kelly Griffith

“

if people knew how hard I worked to achieve my mastery, it wouldn't seem so wonderful after all.

”

**Michelangelo**

- As surely as the acorn becomes the oak tree, the images in your mind become your reality.

Unknown

- Start by doing what's necessary, then what's possible; and suddenly you are doing the impossible.

Saint Francis of Assisi

- Quality is never an accident; it is always the result of intelligent effort.

John Ruskin

- If it wasn't hard, everyone would do it. It's the hard that makes it great.

Tom Hanks

- Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.

Franklin D Roosevelt

- A man is not idle because he is absorbed in thought. There is a visible labor and there is an invisible labor.

Victor Hugo

- Genius is 1 percent inspiration and 99 percent perspiration.

Thomas Edison

- Nothing is really work unless you would rather be doing something else.

James M. Barrie

- Never work just for money or for power. They won't save your soul or help you sleep at night.

Marian Wright Edelman

- Satisfaction lies in the effort, not in the attainment, full effort is full victory.

Mohandas Karamchand Gandhi

- [Regarding dyslexia) I knew I wasn't stupid, and I knew I wasn't dumb...They knew I wasn't lazy. But what was it?

Whoopi Goldberg

- The keys to patience are acceptance and faith. Accept things as they are, and look realistically at the world around you. Have faith in yourself and in the direction you have chosen.

Ralph Marston

- What we hope ever to do with ease, we must learn first to do with diligence.

Dr Samuel Johnson

- If there is no wind, row.

Latin Proverb

- Striving for success without hard work is like trying to harvest where you haven't planted.

David Bly

- Pleasure in the job puts perfection in the work.

Aristotle

- If you can't excel with talent, triumph with effort.

Stephen G. Weinbaum

- Careers, like rockets, don't always take off on schedule. The key is to keep working the engines.

Gary Sinise

- No friendly hands constructed and placed for his ambition a ladder upon which he might climb. His own brave hands framed and nailed the cleats upon which he climbed to the heights of public usefulness and fame.

Benjamin Harrison

- He that would have the fruit must climb the tree.

Dr. Thomas Fuller

- Effort is only effort when it begins to hurt.

Jose Ortega y Gasset

- I don't wait for moods. You accomplish nothing if you do that. Your mind must know it has got to get down to work.

Pearl S. Buck

- The one thing that matters is the effort.

Antoine de Sainte-Exupery

- Success is dependent on effort.

Sophocles

- You are never given a wish without also being given the power to make it come true. You may have to work for it, however.

Richard David Bach

- The mode by which the inevitable comes to pass is effort.

Oliver Wendell Holmes, Jr.

- Experience is a hard teacher because she gives the test first, the lesson afterwards.

Vernon Sanders Law

- Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.

John R. Wooden

- Let me tell you the secret that has led me to my goals: my strength lies solely in my tenacity.

Louis Pasteur

- Hard work and togetherness. They go hand in hand. You need the hard work because it's such a tough atmosphere...to win week in and week out. You need togetherness because you don't always win, and you gotta hang tough together.

Tony Dungy

- I claim to be an average man less than average ability. I have not the shadow of a doubt that any man or woman can achieve what I have, if he or she would make the same effort and cultivate the same hope and faith.

Mohandas Karamchand Gandhi

- Life grant nothing to us mortals without hard work.

Horace

- An ant on the move does more than a dozing ox.

Lao Tzu

- Hard work doesn't guarantee success, but improves its chances.

B.J. Gupta



“ attempt the impossible in order to improve your work. ”

**Bette Davis**

- I watched a small man with thick calluses on both hands work 15 and 16 hours a day. I saw him once literally bleed from the bottoms of his feet, a man who came here uneducated, alone, unable to speak the language, who taught me all I needed to know about faith and hard work by the simple eloquence of his example.

Mario Cuomo

- The only place success comes before work is in the dictionary.

Vince Lombardi

- I don't know anything about luck. I've never banked on it, and I'm afraid of people who do. Luck to me is

something else; hard work and realizing what is opportunity and what isn't.

Lucille Bell

- The heights by great men reached and kept were not attained by sudden flight, but they while their companions slept, were toiling upward in the night.

Henry Wadsworth Longfellow

- Freedom from effort in the present merely means that there has been effort stored up in the past.

Theodore Roosevelt

- A leaf that is supposed to grow is full of wrinkles and creases before it develops; if one doesn't have the patience and wants the leaf to be as smooth as a willow leaf from the start, then there is a problem.

Johann Wolfgang von Goethe

- The highest reward for man's toil is not what he gets for it, but what he becomes by it.

John Ruskin

- My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition.

Indira Gandhi

- The greatest weariness comes from work not done.

Eric Hoffer

- Much effort, much prosperity.

Euripides

- It seems the harder I work, the more luck I have.

Thomas Jefferson

- All growth depends upon activity. There is no development physically or intellectually without effort, and effort means work.

Calvin Coolidge

- There is no substitute for hard work.

Thomas Edison

- Let not him who is houseless pull down the house of another; but let him labor diligently and build one for himself, thus by example assuring that his own shall be safe from violence when built.

Abraham Lincoln

- Skating takes up 70 percent of my time, school about 25%. Having fun and talking to my friends, 5 percent. It's hard. I envy other kids a lot of things, but when I get a guilt trip when I'm not training.

Michelle Kwan

- The reward of a thing well done, is to have it done.

Ralph Waldo Emerson

- The darkest hour in any man's life is when he sits down to plan how to get money without earning it.

Horace Greeley

- Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all.

Sam Ewing

- Life is either a daring adventure or nothing

Helen Keller

- The dictionary is the only place that success comes before work. Hard work is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price.

Vince Lombardi

# Health

- Eat healthily, sleep well, breathe deeply, move harmoniously

Jean-Pierre Barral

- The root of all health is in the brain. The trunk of it is in emotion. The branches and leaves are the body. The flower of health blooms when all parts work together.

Kurdish saying

- He who has health, has hope; and he who has hope, has everything.

Thomas Carlyle

- Early to bed and early to rise makes a man healthy, wealthy and wise.

Benjamin Franklin

- Health and cheerfulness naturally beget each other.

Joseph Addison

- I don't dwell on my age. It might limit what I can do. As long as I have my mind and health, it's just a number.

Nola Ochs

- The body is like a piano, and happiness is like music. It is needful to have the instrument in good order.

Henry Ward Beecher

- Your body is the harp of your soul and it is yours to bring forth sweet music from it or confused sounds.

Kahlil Gibran

- The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around...Throughout history, tender loving care has uniformly been recognized as a valuable element in healing.

Dr. Larry Dossey M.D.





## Helping others

- The life I touch for good or ill will touch another life, and that in turn another, until who knows where the trembling stops or in what far place my touch will be felt.

Frederick Buechner

- In the end, the number of prayers we say may contribute to our happiness, but the number of prayers we answer may be of even greater importance.

Dieter F. Uchtdorf

- Condemn none: if you can stretch out a helping hand, do so. If you cannot, fold your hands, bless your brothers, and let them go their own way.

Swami Vivekananda

- We can't help everyone, but everyone can help someone.

Ronald Reagan

- A cup that is already full cannot have more added to it. In order to receive the further good, we must give of that which we have.

Margaret Becker

- The greatest virtues are those which are most useful to other persons.

Aristotle

- You will find that the mere resolve not to be useless, and the honest desire to help other people, will, in the quickest and delicatest ways, improve yourself.

John Ruskin

- To strengthen the muscles of your heart, the best exercise is lifting someone else's spirit whenever you can.

Dodinsky

- It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself.

Ralph Waldo Emerson

- At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

Albert Schweitzer

- Helping, fixing and serving represent three different ways of seeing life. When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole. Fixing and helping may be the work of the ego, and the service the work of the soul.

Rachel Naomi Remen

- Every day you have the opportunity to learn and experience some-thing and some-one new. Seize the opportunity. Learn and experience everything you can, and use it to change the world.

Rodney Williams

- Let not the tie be mercenary, though the service is measured in money. Make yourself necessary to somebody. Do not make life hard to any.

Ralph Waldo Emerson

- I know of great men except those who have rendered great service to the human race.

Voltaire

- Wherever a man turns he can find someone who needs him.

Albert Schweitzer

- If you think about what you ought to do for other people, your character will take care of itself. Character is a by-product, and any man who devotes himself to its cultivation in his own case will become a selfish prig.

Woodrow Wilson

- I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.

William Penn

- To me it seems that to give happiness is a far nobler good than to attain it: and that what we exist for is much more a matter of relations to others than a matter of individual progress: much more a matter of helping others to heaven than getting there ourselves.

Lewis Carroll [Charles Lutwidge Dodgson]

- Great opportunities to help others seldom come, but small ones surround us every day.

Sally Koch

- In the time we have it is surely our duty to do all the good we can to all the people we can in all the ways we can.

William Barclay

- We can never get a re-creation of community and heal our society without giving our citizens a sense of belonging.

Hunter Campbell "Patch" Adams

- You know you're in love when you don't want to fall asleep because reality is finally better than your dreams.

Theodor Seuss Geisel

- Believe that there's light at the end of the tunnel. Believe that you might be that light for someone else.

Kobi Yamada

- The only people with whom you should try to get even are those who have helped you.

John E. Southard

- The happiest people I have known have been those who gave themselves no concern about their own souls, but did their uttermost to mitigate the miseries of others.

Elizabeth Cady Stanton

- The things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy.

Ndukwe Dike kalu

- Life's most urgent question is: What are you doing for others?

Martin Luther King, Jr.

- As my mother says, "You give back, you don't give up." You can always choose to help others. If you do, it will change you.

Susan Ford

- Somebody has to train these kids. Somebody has to teach them, and if not me, who? If not now, when? We must do it. It's got to be done.

Oral Lee Brown

- We are prone to judge success by the index of our salaries or the size of our automobiles, rather than by the quality of our service and relationship to humanity.

Martin Luther King, Jr.

- There is no greater calling than to serve your fellow men. There is no greater contribution than to help the

weak. There is no greater satisfaction than to have done it well.

Walter Reuther

- In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us.

Flora Edwards

- Be a lamp, or a lifeboat, or a ladder. Help someone's soul heal.

Jalaal ad-Din Rumi

- If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.

Chinese Proverb

- Be willing to have it so. Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.

William James



- An essential part of a happy, healthy life is being of service to others.

Susan Patton Thoele

- Help publicly. Help privately. Help in your actions by recycling and conserving and protecting, but help also in your attitude. Help make sense where sense has gone missing. Help bring reason and respect to discourse and debate. Help science to solve and faith to soothe. Help law bring justice, until justice is commonplace. Help and you will abolish apathy – the void that is so quickly filled by ignorance and evil.

Tom Hanks

- If something comes to life in others because of you, then you have made an approach to immortality.

Norman Cousins

- Get over the idea that only children should spend their time in study. Be a student so long as you still have something to learn, and this will mean all your life.

Henry L. Doherty

- Every man is guilty of all the good he didn't do.

Voltaire

- Believe, when you are most unhappy, that there is something for you to do in the world. So long as you can sweeten another's pain, life is not in vain.

Helen Keller

- Do all the good you can, and make as little fuss about it as possible.

Charles Dickens

- Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them.

Tenzin Gyatso

- When a person is down in the world, an ounce of help is better than a pound of preaching.

Edward G. Bulwer-Lytton

- Many small people, in many small places, do many small things, that can alter the face of the world.

Anonymous

- The trouble is that rich people, well-to-do people, very often don't really know who the poor are; and that is why we can forgive them, for knowledge can lead to love, and love to service. And so, if they are not touched by them, it's because they do not know them.

Mother Teresa

- To help yourself, help others. Whatever good you do travels a circle and returns to you many times over – but remember life isn't about what you get it's about what you give, it's about what you become.

Dennis Gaskill

- Each of us can look back upon someone who made a great difference in our lives, someone whose wisdom or simple acts of caring made an impression upon us. In all likelihood it was someone who sought no recognition for their deed other than the joy of knowing that, by their hand, another's life had been made better.

Stephen M. Wolf

- You will rise by lifting others.

Robert G. Ingersoll

- Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.

Martin Luther King, Jr

- As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.

Audrey Hepburn

- Put your heart, mind, intellect and soul even to your smallest acts. This is the secret of success.

Swami Sivananda

- If I can stop one heart from breaking, I shall not live in vain; if I can ease one life the aching, or cool one

pain, or help one fainting robin up to his nest again, I  
shall not live in vain.

Emily Dickinson

# Honesty

- Honesty and transparency make you vulnerable. Be honest and transparent anyway.

Mother Teresa

- You can cheat an honest man but not make a fool out of him.

Confucius

- What is uttered from the heart alone, will win the hearts of others to your own.

Johann Wolfgang von Goethe

- If you do not tell the truth about yourself you cannot tell it about other people.

Virginia Woolf

- The truth is more important than the facts.

Frank Lloyd Wright

- An honest heart possesses a kingdom.

Seneca

- Compassion is sometimes the fatal capacity for feeling what it is like to live inside somebody else's skin. It is the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too.

Frederick Buechner

- My responsibility to myself, my neighbours, my family and the human family is to try to tell the truth.

Toni Cade Bambara

- We have to stand up for what we believe in, even when we might not be popular for it. Honesty starts with being ourselves, authentic and true to who we are and what we believe in, and that may not always be popular, but it will always let you follow your dreams and your heart.

Tabatha Coffey

- No man, for any considerable period, can wear one face to himself, and another to the multitude, without finally getting bewildered as to which may be true.

Nathaniel Hawthorne

- Three things cannot be long hidden: the sun, the moon, and the truth.

Buddha

- Each day offers us the gift of being a special occasion if we can simply learn that as well as giving, it is blessed to receive with grace and a grateful heart.

Sarah Ban Breathnach

- Honesty is the first chapter in the book of wisdom.

Thomas Jefferson

- Dare to be honest and fear no labor.

Robert Burns

- To make your children capable of honesty is the beginning of education.

John Ruskin

- The real things haven't changed. It is still best to be honest and truthful; to make the most of what we



have; to be happy with simple pleasures; and have courage when things go wrong.

Laura Ingalls Wilder

- Honor lies in honest toil.

Grover Cleveland

- Integrity is telling myself the truth. And honesty is telling the truth to other people.

Spencer Johnson

- What you don't see with your eyes, don't witness with your mouth.

Proverb

- People grow through experience if they meet life honestly and courageously. This is how character is built.

Eleanor Roosevelt

- Slander cannot destroy an honest man when the flood recedes the rock is there.

Chinese Proverb

- We all need to know what it means to be honest. Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving.

James E. Faust

- Be honourable yourself if you wish to associate with honourable people.

Welsh Proverb

- Honest men fear neither the light nor the dark.

Dr. Thomas Fuller

- Honesty is the best policy. If I lose mine honor, I lose myself.

William Shakespeare

- Prefer a loss to a dishonest gain; the one brings pain at the moment, the other for all time.

Chilon of Sparta

- You're only responsible for being honest, not for someone else's reaction to your honesty.

Kelli Jae Baeli

- I will put honesty before the risk of humiliation.

Rachel Joy Scott

- The greatest way to live with honor in this world is to be what we pretend to be.

Socrates

- An honest man's word is as good as his bond.

Miguel de Cervantes

- I have found no greater satisfaction than achieving success through honest dealing and strict adherence to the view that, for you to gain, those you deal with should gain as well.

Alan Greenspan

- The grateful person, being still the most severe exacter of himself, not only confesses, but proclaims, his debts.

Robert South

- The liar's punishment is not in the least that he is not believed, but that he cannot believe anyone else.

George Bernard Shaw

- It is a great importance to set a resolution, not to be shaken, never to tell an untruth. There is no vice so mean, so pitiful, so contemptible and he who permits himself to tell a lie once, finds it much easier to do it a second time and third time, till at length it becomes habitual, he tells lies without attending to it, and truths without the world's believing him. This falsehood of the tongue leads to that of the heart, and in time depraves all its good dispositions.

Thomas Jefferson

- We know the truth, not only by the reason, but also by the heart.

Blaise Pascal

- Being entirely honest with oneself is a good exercise.

Sigmund Freud

- The grand principles of virtue and honor, however they may be distorted by arbitrary codes, are the same the world over: and where these principles are concerned, the right or wrong of any action appears

the same to the uncultivated as to the enlightened mind.

Herman Melville

- In the final analysis, there is no other solution to a man's problems but the day's honest work, the day's honest decisions, the day's generous utterance, and the day's good deed.

Claire Booth Luce

- Lying can never save us from another lie

Vaclav Havel

- No legacy is so rich as honesty

William Shakespeare

- You don't have to preach honesty to men with creative purpose. Let a human being throw the engines of his soul into the making of something, and the instinct of workmanship will take care of his honesty.

Walter Lippman

- Every man who expresses an honest thought is a soldier in the army of intellectual liberty.

Robert G. Ingersoll

- Diversity is the one true thing we all have in common. Celebrate it every day.

Unknown

- An honest man nearly always thinks justly.

Jean-Jacques Rousseau

- It is discouraging how many people are shocked by honesty and how few by deceit.

Noel Coward

- If I have been of service, if I have glimpsed more of the nature and essence of ultimate good, if I am inspired to reach wider horizons of thought and action, if I am at peace with myself, it has been a successful day.

Alex Noble

- To be honest, to be kind – to earn a little and to spend a little less to make upon the whole family happier for his presence, to renounce when that shall be necessary and not to be embittered to keep a few friends but these without capitulation – above all on the same grim condition to keep friends with himself – here is a task for all that a man has of fortitude and delicacy

Robert Louis Stevenson

- Our lives improve only when we take chances – and the first and most difficult risk we can take is to be honest with ourselves

Walter Anderson

- The least initial deviation from the truth is multiplied later a thousandfold.

Aristotle

- Honest hearts produce honest actions

Brigham Young

## Honour

- We are all in the same boat in a stormy sea, and we owe each other terrible loyalty

G.K. Chesterton

“

cooperation is the thorough conviction that nobody can get there unless everybody gets there.

”

**Virginia Burgen Tower**

- Whoever said anybody has a right to give up?

Marian Wright Edelman

- When one sits in the Hoop Of The People, one must be responsible because all of creation is related. And the hurt of one is the hurt of all. And the honor of one



is the honor of all. And whatever we do affects everything in the universe.

Black Elk [Hehaka Sapa]

- It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through.

Zig Ziglar

- Never give in! Never give in! Never, never, never, never – in nothing great or small, large or petty. Never give in except to convictions of honor and good sense.

Sir Winston Churchill

- We can't solve problems by using the same kind of thinking we used when we created them.

Albert Einstein

# Hope

- Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: you don't give up

Anne Lamott

- Hope smiles from the threshold of the year to come, whispering 'it will be happier'...

Alfred Lord Tennyson

- Hope is always available to us. When we feel defeated, we need only take a deep breath and say, "Yes," and hope will reappear.

Monroe Forester

- In a mood of faith and hope my work goes on. A ream of fresh paper lies on my desk waiting for the next book. I am a writer and I take up my pen to write.

Pearl S. Buck

- He who has faith has... an inward reservoir of courage, hope, confidence, calmness, and assuring trust that all will come out well – even though to the world it may appear to come out most badly.

B.C. Forbes

“

the greatest loss of time is delay and expectation, which depend upon the future. We let go the present, which we have in our power, and look forward to that which depends upon chance, and so relinquish a certainty for an uncertainty.

”

**Seneca**

- I do not understand the mystery of grace – only that it meets us where we are but does not leave us where it found us.

Anne Lamott

- In the face of uncertainty there is nothing wrong with hope

O. Carl Simonton

“ where hope grows, miracles blossom. ”

**Elna Rae**

- Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.

Martin Luther

- Hope like faith is nothing if it is not courageous; it is nothing if it is not ridiculous.

Thornton Wilder

- There is no investment you can make which will pay you so well as the effort to scatter sunshine and good cheer through your establishment.

Orison Swett Marden

- Wisdom begins in wonder.

Socrates

- This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!

D.M. Dellinger

“

Expect to have hope rekindled. Expect your prayers to be answered in wondrous ways. The dry seasons do not last.

The spring rains will come.

”

**Sarah Ban Breathnach**

- Draw strength from the knowledge that education will break the backs of poverty, disenfranchisement, and violence: that war is never inevitable but only a terrible failure of the imagination: and that love is stronger than hatred.

Wally Lamb

- Hope lies in dreams, in imagination and in the courage of those who dare to make dreams into reality.

Jonas Salk

- As long as there is one upright man, as long there is one compassionate woman, the contagion may spread and the scene is not desolate. Hope is the one thing left to us in a bad time.

E.B. White

“

there are always flowers for those who want to see them.

”

**Henri Matisse**

- May light always surround you; hope kindle and rebound you. May your hurts turn to healing; your heart embrace feeling. May wounds become wisdom; every kindness a prism. May goodness inspire your deepest desires. Through all that you reach for, may your arms never tire.

D. Simone

“

learn from yesterday, live for today, hope for tomorrow. The  
important thing is not to stop questioning.

”

**Alber Einstein**

- Just as man cannot live without dreams, he cannot live without hope. If dreams reflect the past, hope summons the future.

Elie Wiesel

- Hope, like the gleaming taper's light, adorns and cheers our way; and still, as darker grows the night, emits a brighter ray.

Oliver Goldsmith

- God's promises are like the stars; the darker the night the brighter they shine.

David Nicholas

- There is not enough darkness in all the world to put out the light of even one small candle.

Robert Alden

- A man may die, nations may rise and fall, but an idea lives on.

John F. Kennedy

- Where there is life, there is hope. Where there are hopes, there are dreams. Where there are vivid dreams repeated, they become goals. Goals become the action plans and game plans that winners dwell on in intricate detail, knowing that achievement is almost



automatic when the goal becomes an inner commitment. The response to the challenges of life – purpose – is the healing balm that enables each of us to face up to adversity and strife.

Dennis Waitley

- If we were logical, the future would be bleak indeed. But we are more than logical. We are human beings, and we have faith, and we have hope.

Jacques Cousteau

- Faith, a gift from God, is one of the most powerful forces governing our universe, just as the unseen power of gravity works to pull things down, the unseen power of faith works to lift all things up.

Gene Griffin

- Keep your face to the sunshine and you cannot see the shadow.

Helen Keller

- Hope is the thing with feathers that preaches in the soul and sings the tunes without the words and never stops at all.

Emily Dickinson

- Action and reaction, ebb and flow, trial and error, change – this is the rhythm of living. Out of our over-confidence, fear; out of our fear, clearer vision, fresh hope. And out of hope, progress.

Bruce Burton

- Hope is not the conviction that something will turn out well but the certainty that something makes sense, regardless of how it turns out.

Vaclav Havel

- Listen to the musn'ts chid. Listen to the don'ts. Listen to the shouldn'ts, the impossible, the won'ts. Listen to the never haves, then listen close to me...Anything can happen, child. Anything can be.

Shel Silverstein

- The flower that follows the sun does so even in cloudy days.

Robert Leighton

- Liberty requires opportunity to make a living – a living decent according to the standard of the time, a living which gives a man not only enough to live by, but something to live for.

Franklin D. Roosevelt

- Courage is like love; it must have hope for nourishment.

Napoleon Bonaparte

- The hope, and not the fact, of advancement, is the spur to industry.

Sir Henry Taylor

- Consult not your fears, but your hopes and your dreams.

Pope John XXII

- For last year's words belong to last year's language.  
And next year's words await another voice. And to  
make an end is to make a beginning.

T.S. Elliot

“

it is often in the darkest skies that we see the brightest  
stars.

”

**Richard Paul Evans**

- It's really a wonder that I haven't dropped all my  
ideals, because they seem so absurd and impossible to  
carry out. Yet I keep them, because I still believe that  
people are really good at heart.

Anne Frank

- One must always hope when one is desperate, and  
doubt when one hopes.

Gustave Flaubert

- We are all in the gutter, but some of us are looking at the stars.

Oscar Wilde

- Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

Dale Carnegie

- I like the dreams of the future better than the history of the past.

Thomas Jefferson

- Hope itself a species of happiness, and perhaps, the chief happiness which this world affords: but like all other pleasures immoderately enjoyed, the excesses of hope must be expiated by pain; and expectations improperly indulged must end in disappointment.

Dr Samuel Johnson

- All human wisdom is summed up in two words; wait and hope.

Alexander Dumas

- Hope is definitely not the same thing as optimism. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.

Vaclav Havel

- Happiness can be found in even the darkest of times, but only to those who remember to turn on the light.

Albus Dumbledore

- Love recognises no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination, full of hope.

Maya Angelou

- Never talk defeat. Use words like hope, belief, faith, victory.

Norman Vincent Peale

- Try it one more time

Unknown

- Joy and hope are never separate. I have never met a hopeful person who was depressed or a joyful person who had lost hope...It is important to become aware that at every moment of our life we have the opportunity to choose joy. It is in the choice that our true freedom lies, and that freedom is, in the final analysis, the freedom to love.

Henri Nouwen

- They say a person needs just three things to be happy in this world, someone to love, something to do, and something to hope for.

Tom Bodett

- We live by our genius for hope; we survive by our talent for dispensing with it.

V.S. Pritchett

“

My Creed I would be true, for there are those who trust me;

I would be pure, for there is much to suffer; I would be  
brave, for there is much to dare. I would be friend of all –  
the foe, the friendless; I would be giving, and forget the gift.

I would be humble, for I know my weakness; I would look-  
up – and laugh – and love – and lift.

”

**Howard Arnold Walter**

- Remember, hope is a good thing, maybe the best of things, and no good thing ever dies.

Stephen King

- If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all.

Martin Luther King, Jr.



- If you can't have faith in what is held up to you for faith, you must find things to believe in yourself, for a life without faith in something is too narrow a space to live.

Alec Bourne

- The great essentials for happiness in this life are something to do, something to love and something to hope for.

Joseph Addison

- Anyone can carry his burden, however hard, until nightfall. Anyone can do his work, however hard, for one day. Anyone can live sweetly, patiently, lovingly, purely, till the sun goes down. And this is all life really means.

Robert Louis Stevenson

- I have the greatest weapon, I have hope.

Sophia Mendoza

- You may say that I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one.

John Lennon

- The sacredness, if there is any, is all in yourself and not in the place.

Henry David Thoreau

- There is no hope of joy except in human relations.

Antoine de Sainte-Exupery

- But groundless hope, like unconditional love is the only kind worth having.

John Perry Barlow

- The power of hope upon human exertion, and happiness, is wonderful.

Abraham Lincoln

- Hope can be a powerful force. Maybe there's no actual magic in it, but when you know what you hope

for most and hold it like a light within you, you can make things happen, almost like magic.

Laini Taylor

- Man is made by his belief. As he believes, so he is.

Bhagavad Gita

- The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope.

Barbara Kingsolver

- Hope is not pretending that troubles don't exist. It is the hope that they won't last forever. That hurts will be healed and difficulties overcome. That we will be led out of the darkness and into the sunshine.

Anonymous

- Take hope from the heart of man and you make him a beast of prey.

Ouida [Marie Louise De La Ramée]

- Morale is the state of mind. It is steadfastness and courage and hope. It is confidence and zeal and loyalty. It is éLAN, esprit de corps and determination

George C. Marshall

- May your wall know joy, may every room hold laughter, and every window open to great possibility.

Mary Anne Radmacher

- Hope is a state of mind, not of the world. Hope, in this deep and powerful sense, is not the same as joy that things are going well, or willingness to invest in enterprises that are obviously heading for success, but rather an ability to work for something because it is good.

Vaclav Havel

- Someday all you'll have to light the way will be a single ray of hope, and that will be enough.

Kobi Yamada

- True hope is swift, and flies with swallow's wings: kings it makes gods, and meaner creatures kings.

William Shakespeare

- Work without hope draws nectar in a sieve, and hope without an object cannot live.

Samuel Taylor Coleridge

- Hope, deceitful though it be, is at least of this good use to us that while we are travelling through this life, it conducts us by an easier and more pleasant way to our journey's end.

François Duc De La Rochefoucauld

## Humility

- Drop the idea that you are Atlas carrying the world on your shoulders. The world would go on even without you. Don't take yourself so seriously.

Norman Vincent Peale

- If I could I would always work in silence and obscurity, and let my efforts be known by their results

Emily Brontë

- Humility is the only true wisdom by which we prepare our minds for all the possible changes of life.

George Arliss

- Humility, that low, sweet root from which all heavenly virtues shoot.

Sir Thomas Moore

- We are here to add what we can, not get what we can from, life.

Sir William Osler

- No one should be ashamed to admit they are wrong, which is but saying, in other words, that they are wiser today than they were yesterday.

Alexander Pope

- It is amazing how much you can accomplish when it doesn't matter who gets the credit.

Unknown

- Nobody made a greater mistake than he who did nothing because he could only do a little.

Edmund Burke

- Count no day lost in which you waited your turn, took only your share and sought advantage over no one.

Robert Brault

- Always accept good fortune with grace and humility

Mark L. Mika

- There is no limit to the amount of good a man can do, as long as he does not care who takes the credit.

Sunday-Bolorunduro Awoniyi

- What kills a skunk is the publicity it gives itself

Abraham Lincoln

- Good people are good because they've come to wisdom through failure.

William Saroyan

- The best way to have the last word is to apologize.

Unknown

- Arrogance invites ruin; humility receives benefits.

Chinese Proverb

- A mature person is one who does not think only in absolutes, who is able to be objective even when deeply stirred emotionally, who has learned that there is both good and bad in all people and in all things, and who walks humbly and deals charitably with the circumstances of life, knowing that in this world no one is all-knowing and therefore all of us need both love and charity.

Eleanor Roosevelt



- Greatness is always built on this foundation: the ability to appear, speak and act, as the most common man.

Hāfiz

- Any man worth his salt will stick up for what he believes right, but it takes a slightly better man to acknowledge instantly and without reservation that he is in error.

Andrew Jackson

- Blessed are those who can give without remembering and take without forgetting

Elizabeth Bibesco

- Too many people overvalue what they are not and undervalue what they are.

Malcolm S. Forbes

- The artist must be an egotist because, like the spider, he draws all his building material from his own breast. But just the same the artist alone among men knows what true humility means. His reach forever

exceeds his grasp. He can never be satisfied with his work. He knows when he has done well, but he knows he has never attained his dream. He knows he never can.

Rheta Childe Dorr

- I wouldn't be human if I didn't feel pride and something that transcends pride humility.

James Cash Penney

- It is amazing what you can accomplish if you do not care who gets the credit.

Harry S. Truman

- I have three precious things which I hold fast and prize. The first is gentleness; the second is frugality; the third is humility, which keeps me from putting myself before others. Be gentle and you can be bold; be frugal and you can be liberal; avoid putting yourself before others and you can become a leader among men.

Lao Tzu

- It is well to remember that the entire population of the universe, with one trifling exception, is composed of others.

Andrew J. Holmes

- Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds? Lay first the foundation of humility.

Saint Augustine

- Blushing is the color of virtue.

Diogenes of Sinope

- It's good to have money and the things that money can buy, but it's good, too, to make sure that you haven't lost the things that money can't buy.

George Horace Lorimer

- Never look down on anybody unless you're helping him up.

Jesse Jackson

- Humility is like underwear; essential, but indecent if it shows.

Helen Nielsen

- Consider the rights of others before your own feelings, and the feelings of others before your own rights.

John R. Wooden

- There is no respect for others without humility in one's self

Henri-Frederic Amiel

- When helping others, do not look for a reward; if you are looking for rewards, don't help others.

Chinese Proverb

- Live simply so others may simply live.

Mother Teresa

- An error doesn't become a mistake until you refuse to correct it.

Orlando A. Battista

- He stands erect by bending over the fallen. He rises by lifting others.

Robert G. Ingersoll

- Humility provides everyone even him who despairs in solitude, with the strongest relationship to his fellow man, and this immediately, though of course, only in the case of complete and permanent humility.

Frank Kafka

- Praise can be your most valuable asset as long as you don't aim it at yourself.

Orlando A. Battista

- True merit, like a river, the deeper it is, the less noise it makes.

Edward Frederick Lindley Wood

- I believe the first test of a truly great man is his humility.

John Ruskin

- To be without some of the things you want is an indispensable part of happiness.

Bertrand Russell

- Humility does not mean thinking less of yourself than other people, nor does it mean having a low opinion of your own gifts. It means freedom from thinking about yourself at all.

William Temple

- Nothing is more deceitful than the appearance of humility. It is often only carelessness of opinion, and sometimes an indirect boast.

Jane Austen

- Do you wish to be great? Then begin by being. Do you desire to construct a vast and lofty fabric? Think first about the foundations of humility. The higher your structure is to be, the deeper must be its foundation.

Augustine of Hippo

- Humility must always be the portion of any man who receives acclaim earned in the blood of his followers and the sacrifices of his friends.

Dwight D. Eisenhower

## Imagine

- Can you imagine what I would do if I could do all I can?

Sun Tzu

- Instead of thinking about where you are, think about where you want to be. It takes twenty years of hard work to become an overnight success.

Diana Rankin

- We are the music-makers, and we are the dreamers of dreams. We are the movers and shakers of the world forever, it seems.

Arthur O' Shaughnessy

- This I know. This I believe with all my heart. If we want a free and peaceful world, if we want to make deserts bloom and man to grow to greater dignity as a human being we can do it!

Eleanor Roosevelt



- I have a habit of letting my imagination run away from me. It always comes back though...drenched with possibilities.

Valaida Fullwood

- You must give everything to make your life as beautiful as the dreams that dance in your imagination

Roman Payne

- What would you attempt if you knew you could not fail?

Robert H. Schuller

- There are far, far better things ahead than any we leave behind.

C.S. Lewis

“

what if it becomes less about how we look and more about  
how much we care? What if it becomes less about how  
much money we earn and more about how much we share  
our good fortune? Imagine a world where who we are in our  
hearts is the ultimate status symbol.

”

**Amy Leigh Mercree**

## Including others

- We're here for a reason. I believe a bit of the reason is to throw little torches out to lead people through the dark.

Whoopi Goldberg

- The hero is the one who kindles a great light in the world, who sets up blazing torches in the dark streets of life for men to see by. The saint is the man who walks through the dark paths of the world, himself a light.

Felix Adler

- It's not enough to have lived. We should be determined to live for something. May I suggest that it be creating joy for others, sharing what we have for the betterment of personkind, bringing hope to the lost and love to the lonely.

Dr. Leo Buscaglia

- Tell me and I'll forget; show me and I may remember; involve me and I'll understand.

### Chinese Proverb

- The best antidote I know for worry is work. The best cure for weariness is the challenge of helping someone who is even more tired. One of the great ironies of life is this: he or she who serves almost always benefits more than he or she who is served.

### Gordon B. Hinckley

- Goals. There's not telling what you can do when you get inspired by them. There's no telling what you can do when you believe in them. There's no telling what will happen when you act upon them.

### Jim Rohn

- If a child is to keep alive his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement and mystery of the world we live in.

### Rachel Carson

## Ingenuity

- Nobody is bored when he is trying to make something that is beautiful, or to discover something that is true.

William Inge

- If we do not lay ourselves at the service of mankind, whom should we serve?

John Adams

- The real voyage of discovery lies not in seeking new lands, but in seeing with new eyes.

Marcel Proust

- Millions of men have lived to fight, build palaces and boundaries, shape destinies and societies; but the compelling force of all times has been the force of originality and creation profoundly affecting the roots of human spirit.

Ansel Adams

- Set your course by the stars, not by the lights of every passing ship.

General Omar Bradley

- I do not know what I may appear to the world; but to myself I seem to have been only like a boy playing at the seashore, and diverting myself now and then finding a smoother pebble or a prettier shell than ordinary, whilst the great ocean of truth lay all undiscovered before me.

Sir Isaac Newton

- For every day that there is sunshine, there will be days of rain, it's how we dance within them both that shows our love and pain.

Joey Tolbert

- You see, idealism detached from action is just a dream. But idealism allied with pragmatism, with rolling up your sleeves and making the world bend a bit, is very exciting. It's very real. It's very strong.

Bono [Paul Hewson]

- A hunch is creativity trying to tell you something.

Frank Capra

## Innovation

- Around here we don't look backwards for very long. We keep moving forward, opening up new doors and doing new things, because we're curious...curiosity keeps leading us down new paths.

Walt Disney

- The problems of the world cannot be solved by sceptics or cynics whose horizons are limited by the obvious realities. We need men who can dream of things that never were.

John F. Kennedy

- If you're not failing every now and again, it's a sign you're not doing anything innovative.

Woody Allen

- Ideas are like stars; you will not succeed in touching them with your hands. But like the seafaring man on the desert of waters, you can choose them as guides, and following them you will reach your destiny.

Carl Schwarz

- Strive to be first: first to nod, first to smile, first to compliment, and first to forgive.

Anonymous

- Discovery consists of seeing what everybody has seen and thinking what nobody has thought.

Dr. Albert Szent-Gyorgyi

- We can not solve our problems with the same level of thinking that created them.

Albert Einstein

- You cannot discover new oceans unless you have the courage to lose sight of the shore.

André Gide

- Iron rusts from disuse, stagnant water loses its purity, and in cold weather becomes frozen; even so does inaction sap the vigors of the mind.

Leonardo da Vinci



- There is nothing we like to see so much as the gleam of pleasure in a person's eye when he feels that we have sympathized with him, understood him. At these moments something fine and spiritual passes between two friends. These are the moments worth living.

Don Marquis

- There is only one thing stronger than all the armies of the world: and that is an idea whose time has come.

Victor Hugo

- The future does not belong to those who are content with today, apathetic toward common problems and their fellow man alike, timid and fearful in the face of bold project and new ideas. Rather, it will belong to those who can blend passion, reason and courage in a commitment to [their] ideals.

Robert F. Kennedy

- Action springs not from thought, but from a readiness for responsibility.

Dietrich Banhoeffer

- We are all functioning at a small fraction of our capacity to live life fully in its total meaning of loving, caring, creating, and adventuring. Consequently, the actualizing of our potential can become the most exciting adventure of our lifetime.

Herbert A. Otto

- Neither a lofty degree of intelligence, nor imagination, nor both together, go to the making of genius. Love, Love, Love. That is the soul of genius.

Wolfgang Amadeus Mozart

## Inspiration

- We do not remember days; we remember moments.

Cesare Pavese

- Work is either fun or drudgery. It depends on your attitude. I like fun.

Colleen C. Barrett

- For it's not light that is needed, but fire; it's not the gentle shower, but thunder. We need the storm, the whirlwind and the earthquake in our hearts.

Frederick Douglass

- Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine as children do. It's not just in some of us; it is in everyone. And as we let our own lights shine, we unconsciously give other people permission

to do the same. As we are liberated from our own fear, our presence automatically liberates others.

Marianne Williamson

- All human beings should try to learn before they die what they are running from, and to, and why.

James Thurber

- Never look down to test the ground before taking your next step; only he who keeps his eye fixed on the far horizon will find his right road.

Dag Hammarskjöld

- It's never too late to be what you might have been

George Elliot [Mary Ann Evans]

- Your spark can become a flame and change everything.

E.D. Nixon

“

creativity doesn't wait for that perfect moment. It fashions  
its own perfect moments out of ordinary ones.

”

**Bruce Garabrandt**

- Do the things you used to talk about doing but never did. Know when to let go and when to hold on tight. Stop rushing. Don't be intimidated to say it like it is. Stop apologizing all the time. Learn to say no, so your yes has some oomph. Spend time with the friends who lift you up, and cut loose the ones who bring you down. Stop giving your power away. Be more concerned with being interested than being interesting. Be old enough to appreciate your freedom, and young enough to enjoy it. Finally, know who you are.

Kristin Armstrong

- The test of a first-rate intelligence is the ability to hold two opposed ideas in the mind at the same time, and still retain the ability to function. One should, for example, be able to see that things are hopeless and yet determined to make them otherwise.

F. Scott Fitzgerald

“

Walk with the dreamers, the believers, the courageous, the cheerful, the planners, the doers, the successful people with their heads in the clouds and their feet on the ground. Let their spirit light a fire within you to leave this world better than when you found it.

”

**Wilfred Peterson**

- What greater thing is there for human souls than to feel that they are joined for life – to be with each other in silent unspeakable memories.

George Eliot [Mary Ann Evans]

- Happiness is a how, not a what; a talent, not an object.

Hermann Hesse

- It may be that when we no longer know what to do, we have come to our real work, and when we no longer know which way to go, we have begun our real journey.

Wendell Barry

- Believe in your dreams and they may come true; believe in yourself and they will come true.

Unknown

- And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom

Anaïs Nin

- The moment when you first wake up in the morning is the most wonderful of the twenty-four hours. No matter how weary or dreary you may feel, you possess the certainty that during the day that lies before you, absolutely anything may happen. And the fact that it practically always doesn't matters not a jot. The possibility is always there.

Monica Baldwin

- The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart.

Helen Keller

- Happiness is not in our circumstances, but in ourselves. It is not something we see, like a rainbow, or feel, like the heat of the fire. Happiness is something we are.

John B. Sheerin

- There are no such things as limits to growth, because there are no limits on the human capacity for intelligence, imagination and wonder.



Ronald Reagan

- Living in dreams of yesterday, we find ourselves still dreaming of impossible future conquests.

Charles Lindbergh

- The longer I live, the more I realize the impact of attitude on life.

Charles Swindoll

- There is always the danger that we may just do the work for the sake of the work. This is where the respect and the love and the devotion come in – that we do it to God, to Christ, and that’s why we try to do it as beautifully as possible.

Mother Teresa

- I believe that friends are quiet angels who sit on our shoulders and lift our wings when we forget how to fly.

Lorraine Mitchell

- Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it.

Johann Wolfgang von Goethe

- I showed the America I knew and observed to others who might not have noticed.

Norman Rockwell

- Every great dream begins with a dreamer. Always remember you have within you the strength, the patience and the passion to reach for the stars, to change the world.

Harriet Tubman

- While some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do.

Apple computer, inc.

- The only person you are destined to become is the person you decide to be.

Ralph Waldo Emerson

- Fires can't be made with dead embers, nor can enthusiasm be stirred by spiritless men. Enthusiasm in

our daily work lightens effort and turns even labor into pleasant tasks.

James Baldwin

- Embrace the faith that every challenge surmounted by your energy; every problem solved by your wisdom; every soul stirred by your passion; and every barrier to justice brought down by your determination will ennoble your own life, inspire others, serve your country, and explode outward the boundaries of what is achievable on this earth.

Madeleine Albright

- Life begins at the end of your comfort zone.

Neale Donald Walsch

- If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales.

Albert Einstein

- Life's ups and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as stepping stones.

Marsha Sinetar

- There is no passion to be found playing small – in settling for a life that is less than the one you are capable of living.

Nelson Mandela

- Just go out there and do what you've got to do.

Martina Navrátilová

- Cheers to a new year and another chance for us to get it right.

Oprah Winfrey

- When you start to develop your powers of empathy and imagination, the whole world opens up to you.

Susan Sarandon

- Success is nothing more or less than being who you want to be; progressing toward your ideal each day.

Jaren L. Davis

- Your journey has molded you for the greater good, and it was exactly what it needed to be. Don't think that you've lost time. It took each and every situation you have encountered to bring you to the now. And now is right on time.

Asha Tyson

- There's only us, there's only this. Forget regret, or life is yours to miss. No other road no other way, no day but today.

Jonathan Larson

- Just don't give up trying what you really want to do. Where there is love and inspiration. I don't think you can go wrong.

Ella Jane Fitzgerald

- There is a wonderful mythical law of nature that the three things we crave most in life - happiness, freedom, and peace of mind – are always attained by giving them to someone else.

Peyton C. March

- I don't want to get to the end of my life and find that I just lived the length of it. I want to have lived the width of it as well

Diane Ackerman

- I guess I can't really change the past since it's now history and I certainly cannot change tomorrow, for I am not promised it, but I can change the way I live today. This realization in itself is the root of not only who I want to be tomorrow, but who I am working on being today. Never again do I want to fail anything without an attempt; I want push myself to my fullest potential, and if that means that I fall a few times along the way then so be it, but I will no longer allow myself to just give up. I deserve better, and it is time that I start believing that.

Nadia Kelifa

- I learned that inspiration does not always come like a bolt, nor is it kinetic, energetic, striving, but it comes into us slowly and quietly and all the time.

Brenda Ueland

- Know in your heart that all things are possible. We couldn't conceive of a miracle if none had ever happened.

Libbie Fudim

- If I had influence with the good fairy, I would ask that her gift to each child be a sense of wonder so indestructible that it would last throughout life.

Rachel Carson

## Integrity

- Life is an echo, what you send out, comes back. What you sow, you reap. What you give, you get. What you see in others, exists in you. Remember, life is an echo. It always gets back to you. So give goodness.

Unknown

- Power is the ability to do good things for others.

Brooke Astor

- That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong.

William J.H. Boetcker

- The most important persuasion tool you have in your entire arsenal is integrity.

Zig Ziglar

- Values are like fingerprints. Nobody's are the same, but you leave 'em all over everything you do.



Elvis Presley

- Always vote for a principle, though you vote alone, and you may cherish the sweet reflection that your vote is never lost.

John Quincy Adams

- I am not bound to win, but I am bound to be true. I am not bound to succeed but I am bound to live by the light that I have. I must stand with anybody that stands right, and stand with him while he is right, and part with him when he goes wrong.

Abraham Lincoln

- What I've experienced is that I can't know if anything that I do will change what happens tomorrow. I can't know with certainty, but what I do know is if I do nothing, nothing will change.

James Orbinski

- How people treat you is their karma; how you react is yours.

Dr. Wayne Dyer

- When what we want to do and what we ought to do are two different things, character is built in the choice we make.

Bill Bennett

- There's no reason to be the richest man in the cemetery. You can't do any business from there.

Harland David "Colonel" Sanders

- I am resolved that I will not through humility become the devil's attorney. I will endeavour to speak a good word for the truth.

Henry David Thoreau

- Live so that when your children think of fairness and integrity, they think of you.

H. Jackson Brown, Jr.

“

integrity has no need of rules.

”

**Albert Camus**

- Start with what is right, rather than what is acceptable.

Peter F. Drucker

- Peace is not something you wish for; it's something you make, something you do, something you are, and something you give away.

Robert Fulghum

- Labor to keep alive in your breast that little spark of celestial fire called conscience.

George Washington

- If your success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all.

Anna Quindlen

- Making money doesn't oblige people to forfeit their honor or their conscience.

Baron Guy de Rothschild

- When you say 'yes' to others, make sure you aren't saying no to yourself.

Paulo Coelho

- A constructive, useful life, good works, and good relationships are as valid as writing poetry or inventing a machine. Anything that one does well and obtains satisfaction from is a good enough reason for living. To be a decent human being that people like and feel better for knowing is enough.

Robert Gould

- To be persuasive we must be believable; to be believable we must be credible we must be truthful.

Edward R. Murrow

- If you don't stick to your values when they are being tested, they're not values: they're hobbies.

Jon Stewart

- Integrity is not a conditional word. It doesn't blow in the wind or change with the weather. It is your inner image of yourself, and if you look in there and see a man who won't cheat, then you know he never will.

John D. MacDonald

- Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but rather we have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.

Aristotle

- Lead your life so you wouldn't be ashamed to sell the family parrot to the town gossip.

Will Rogers

- Don't wait for extraordinary opportunities. Seize common occasions and make them great. Weak men wait for opportunities; strong men make them.

Orison Swett Marden

- It is better to fail in a cause that will ultimately succeed than to succeed in a cause that will ultimately fail.

Peter Marshall

- Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.

W. Clement Stone

“

change what you can change and acknowledge and accept  
what you can't.

”

**Rod Williams**

- Today is your day! Your mountain is waiting. So...get on your way.

Theodor Seuss Geisel

- Because life is a living, breathing work of art, you are a painting as you go. Be a masterpiece. Drink in life. Laugh too loud. Compliment others constantly.

Nicole Johnson

- Commerce and justice are not divorceable notions.

Jeffrey Swartz

- Integrity without knowledge is weak and useless, and knowledge without integrity is dangerous and dreadful.

Dr. Samuel Johnson

- So act that your principle of action might safely be made law for the whole world.

Immanuel Kant

- Integrity is what we say, what we do, and what we say we do.

Don Galer

## Joy

- Joy goes against the foundations of mathematics: it multiplies when we divide.

Paulo Coelho

- Joy is a net of love in which you can catch souls.

Mother Teresa

- Joy is a decision, a really brave one, about how you are going to respond to life.

Wess Stafford

- Joy is the holy fire that keeps our purpose warm and our intelligence aglow.

Helen Keller

- When you do things from your soul, you feel a river moving in you, a joy.

Jalal ad-Din Rumi

- When you are joyful, when you say yes to life and have fun and project positivity all around you, you



become a sun in the center of every constellation, and people want to be near you.

Shannon L. Alder

- Comparison is the thief of joy.

Theodore Roosevelt

- Participate joyfully in the sorrows of the world. We cannot cure the world of sorrows, but we can choose to live in joy.

Joseph Campbell

- We find greatest joy, not in getting, but in expressing what we are. Men do not really live for honors or for pay: their gladness is not the taking and holding, but in doing, the striving, the building, the living. It is a higher joy to teach than to be taught. It is good to get justice, but better to do it: fun to have things but more to make them. The happy man is he who lives the life of love, not for the honors it may bring, but for the life itself.

R.J. Baughan

“

joy is what happens to us when we allow ourselves to  
recognize how good things really are.

”

**Marianne Williamson**

# Justice

- To educate a man in mind and not in morals is to educate a menace to society.

Theodore Roosevelt

- The world's people all share the earnest aspiration to have peace, stability, justice and cooperation

Tran Duc Luong

- To live well and honourably and justly are the same thing.

Socrates

- Compassion is not sentiment but is making justice and doing works of mercy. Compassion is not a moral commandment but a flow and overflow of the fullest human and divine energies.

Matthew Fox

- Take a stand for what's right. Raise a ruckus and make a change. You may not always be popular, but

you'll be part of something bigger and greater than yourself. Besides, making history extremely cool.

Samuel L. Jackson

- Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle, the tireless exertions and passionate concern of dedicated individuals.

Martin Luther King, Jr.

- No amount of ability is of the slightest avail without honor.

Andrew Carnegie

- Mere human beings can't afford to be fanatical about anything. Not even about justice or loyalty...if we are to survive on this planet, there must be compromises.

Storm [Margaret Storm Jameson]

## Kindness

- There are two ways of spreading light; to be the candle or the mirror that reflects it.

Edith Wharton

- Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.

Scott Adams

- The smallest act of kindness is worth more than the grandest intention.

Oscar Wilde

- No act of kindness, no matter how small, is ever wasted.

Aesop

- I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.

Martin Luther King, Jr.

- No act of kindness is too small. The gift of kindness may start as a small ripple that over time can turn into a tidal wave affecting the lives of many.

Kevin Heath

- Those who make compassion an essential part of their lives find the joy of life. Kindness deepens the spirit and produces rewards that cannot be completely explained in words. It is an experience more powerful than words. To become acquainted with kindness one must be prepared to learn new things and feel new feelings. Kindness is more than a philosophy of the mind. It is a philosophy of the spirit.

Robert J. Furey

- How lovely to think that no one need wait a moment. We can start now, start slowly, change the world. How lovely that everyone, great and small, can make a contribution toward introducing justice straightaway. And you can always give something, even if it is only kindness!

Anne Frank

- Do not inflict your will. Just give love. The soul will take that love and put it where it can best used.

Emmanuel

- A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.

Amelia Earhart

- Listening is such a simple act. It requires us to be present, and that takes practice, but we don't have to do anything else. We don't have to advise, or coach, or sound wise. We just have to be willing to sit there and listen.

Margaret J. Wheatley

- Neither fire, nor moisture, nor wind can destroy the blessing of a good deed, and it will reform the world.

Buddha

- Kindness is a language which the deaf can hear and the blind can see.

Mark Twain

- In life you can never be too kind or too fair; everyone you meet is carrying a heavy load. When you go through your day expressing kindness and courtesy to all you meet, you leave behind a feeling of warmth and good cheer, and you help alleviate the burdens everyone is struggling with.

Brian Tracy

- Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.

Albert Schweitzer

- Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness.

George Sand [Amantine Aurore Lucille Dupin]

- If one dream should fall and break into a thousand pieces, never be afraid to pick one of those pieces up and begin again



Flavia Weedn

- Nobody grows old by merely living a number of years. People grow old by deserting their ideals. Years may wrinkle the skin, but to give up wrinkles the soul.

Douglas MacArthur

- We can live a life full and complete, thinking with our heads but living with our hearts.

Helen Hunt, M.A.

- Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

Steve Jobs

- Fill each day with life and heart. There is no pleasure in the world comparable to the delight and satisfaction that a good person takes in doing good.

John Tilloston

- One kind word can warm three winter months.

Japanese Proverb

- Freedom, morality, and the human dignity of the individual consists precisely in this; that he does good because he freely conceives it, wants it, and loves it.

Mikhail Bakunin

- Ask yourself: have you been kind today? Make kindness your modus operandi and change the world.

Annie Lennox

- The true essence of humankind is kindness. There are other qualities which come from education or knowledge, but it is essential, if one wishes to be a genuine human being and import satisfying meaning to one's existence, to have a good heart.

Tenzin Gyatso



## Laughter

- A smile starts on the lips, a grin spreads to the eyes, a chuckle comes from the belly; but a good laugh bursts forth from the soul, overflows, and bubbles all around.

Carolyn Birmingham

- The most thoroughly wasted of all days is that on which one has not laughed.

Nicolas Chamfort

- If you laugh – you change; and when you change – the world changes

Shilpa Shah

- I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful.

Bob Hope

- I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living, it's a way of looking

at life through the wrong end of a telescope. Which is what I do, and that enables you to laugh at life's realities.

Theodor Seuss Geisel

- A laugh is a smile that bursts.

Mary H. Waldrip

- If you're going to be able to look back on something and laugh about it, you might as well laugh about it now.

Marie Osmond

- Mix a little foolishness with your prudence: it's good to be silly at the right moment.

Horace

- Laughter is the sun that drives winter from the human face.

Victor Hugo

- Everybody laughs the same in every language because laughter is a universal connection.

Yakov Smirnoff

- Into each day, put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, and a heaping cupful of good humor!

H.M.S.

“

A day without laughter is a day wasted.

”

**Charlie Chaplin**

- What soap is to the body, laughter is to the soul.

Yiddish Proverb

- Laughing together heartily at the same thing forms an instant bond.

Liz Curtis Higgs

- We cannot really love anybody with whom we never laugh.

Agnes Repplier

- Laughter is the shortest distance between two people.

Victor Borge

- I stopped believing in Santa Claus at age six when my mother took me to see him in a store and he asked my autograph.

Shirley Temple Black

- You grow up the day you have your first real laugh at yourself.

Ethel Barrymore

- There is something more – the spirit, or the soul. I think that that quality encourages our courtesy and care and our minds. And mercy, and identity.

Maya Angelou

- A sense of humor...is needed armor. Joy in one's heart and some laughter on one's lips is a sign that the person down deep has a pretty good grasp of life.

Hugh Sidey

- We are all worms, but I do believe I am a glowworm.

Sir Winston Churchill

- I've always thought that a big laugh is a really loud noise from the soul saying, 'Ain't that the truth.'

Quincy Jones

- When you awaken love and laughter in your life, your mind lets go of fear and anxiety, and your happy spirit becomes the healing balm that transforms every aspect of your human experience.

Jesse Dylan

- Humor brings insight and tolerance. Irony brings deeper and less friendly understanding.

Agnes Repplier



- Laugh my friend, for laughter ignites a fire within the pit of your belly and awakens your being

Stella McCartney

- Dare to be true: nothing can need a lie: A fault, which needs it most, grows two thereby.

George Herbert

- To thrive in life you need three bones. A wishbone. A backbone. And a funny bone.

Reba McEntire

- I will follow the upward road today; I will keep my face to the light. I will think high thoughts as I go my way. I will do what I know is right. I will look for the flowers by the side of the road; I will laugh and love and be strong. I will try to lighten another's load this day as I fare along.

Mary S. Edgar

- Laughter is the fireworks of the soul.

Josh Billings

# Leadership

- The exercise of power is determined by thousands of interactions between the world of the powerful and that of the powerless, all the more so because these worlds are never divided by a sharp line: everyone has a small part of himself in both.

Vaclav Havel

- Leaders who win the respect of others are the ones who deliver more than they promise, not the ones who promise more than they can deliver.

Mark. A Clement

- Surround yourself with the best people you can find, delegate authority, and don't interfere.

Ronald Reagan

- Direction, not intention, determines destination.

Andy Stanley

- If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

John Quincy Adams

- Nothing is so strong as gentleness. Nothing is so gentle as real strength.

Saint Francis de Sales

- Parents, teach your children to express themselves. Teach them to be in touch with their emotions, to speak honestly to people, and to maintain integrity and stick by their principles in all they do. This is perhaps the highest morality you can instill.

Jeffery Bryant

- Leadership and learning are indispensable to each other.

John F. Kennedy

- I will speak ill of no man, and speak all the good I know of everybody.

Benjamin Franklin

- First in war, first in peace, and first in the hearts of his countrymen, [President George Washington] was second to none in humble and enduring scenes of

private life. Pious, just, humane, temperate, and sincere; uniform, dignified, and commanding; his example was edifying to all around him as were the effects of that example everlasting.

Henry Lee III

- Do not follow where the path may lead. Go instead where there is no path and leave a trail.

Muriel Strode

- The supreme quality for leadership is unquestionable integrity. Without it, no real success is possible, no matter whether it is on a section gang, a football field, in an army, or in an office.

Dwight D. Eisenhower

- If you want to build a ship, don't drum up people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea.

Antoine de Sainte-Exupery

- Smooth seas do not make skilful sailors

### African Proverb

- Doing easily what people find difficult is talent; doing what is impossible for talent is genius.

### Henri-Frederic Amiel

- I am personally convinced that one person can be a change catalyst, a transformer in any situation, any organization. Such an individual is yeast that can leaven an entire loaf. It requires vision, initiative, patience, respect, persistence, courage, and faith to be a transforming leader.

### Stephen R. Covey

- Leadership is a two-way street, loyalty up and loyalty down. Respect for one's superiors; care for one's crew.

### Grace Hopper

- A good leader inspires others with confidence in him; a great leader inspires them with confidence in themselves.

### Unknown

- A leader is someone who demonstrates what's possible.

Mark Yarnell

- What should young people do with their lives today?  
Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured.

Kurt Vonnegut, Jr.

## Learning

- A love affair with knowledge will never end in heartbreak

Michael Garrett Marino

- You can tell whether a man is clever by his answers.  
You can tell whether a man is wise by his questions.

Naguib Mahfouz

- You have two ears and two eyes and only one mouth.  
Because you will learn twice as much as what you will ever have to say.

Jeffrey Shultz

- Imagination is more important than knowledge. For knowledge is limited to all we know and understand while imagination embraces the entire world and all there ever will be to know and understand.

Albert Einstein

- Life is better because you know more, not just because you have more

Anonymous

- A smile is the beginning of peace.

Mother Teresa

- Learning is not attained by chance, it must be sought for with ardour and attended to with diligence

Abigail Adams

- A powerful idea communicates some of its strength to him who challenges it.

Marcel Proust

- The turning point in the process of growing up is when you discover the core of strength within you that survives all hurt.

Max Lerner

- As long as you live, keep learning how to live.

Segoyewatha [Red Jacket]

- Like a lump of clay in the hands of the creator, we are forever being molded by life's experiences



Feyisara Aladese

- None of us is as smart as all of us.

Ken Blanchard

- You have to do your own growing no matter how tall your grandfather was.

Abraham Lincoln

- Opinions have greater power than strength of hands.

Sophocles

- We may go to the moon, but that's not very far. The greatest distance we have to cover still lies within us.

Charles De Gaulle

- Progress in every age results only from the fact that there are some men and women who refuse to believe that what they know to be right cannot be done.

Russell W. Davenport

- The real community of man...is the community of those who seek the truth, of the potential knowers.

Allan Bloom

- Ask the experienced rather than the learned.

Arabic Proverb

- Even the wisest mind has something yet to learn.

George Santayana

- A good education is not so much one which prepares a man to succeed in the world, as one which enables him to sustain a failure.

Bernard Iddings Bell

- What we don't need to know for achievement, we need to know for our pleasure. Knowing how things work is the basis for appreciation, and is thus a source of civilized delight.

William L. Safire

- You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he live.

Clay P. Bedford

- Live as if you were to die tomorrow. Learn as if you were to live forever.

Mohandas Karamchand Gandhi

- Nothing ever goes away until it has taught us what we need to know.

Pema Chodron

- Somewhere, something incredible is waiting to be known.

Carl Sagan

- Life's a dance you learn as you go!

John Michael Montgomery

- Libraries are reservoirs of strength, grace and wit, reminders of order, calm and continuity, lakes of mental energy, neither warm nor cold, light or dark. The pleasure they give is steady, unorgastic, reliable, deep and long-lasting.

Dr. Germaine Greer

- I cannot teach anybody anything. I can only make them think.

Socrates

- Change is the end result of all true learning. Change involves three things: first, a dissatisfaction with self – a felt void or need; second, a decision to change to fill the void or need; and third, a conscious dedication to the process of growth and change – the wilful act of making the change, doing something.

Dr. Leo Buscaglia

- We are not retreating. We are advancing in another direction.

Douglas Mac Arthur

- If you can't explain it simply, you don't understand it well enough.

Albert Einstein

- Don't learn to do, but learn in doing

Samuel Butler

- We are all in the process of becoming.

Audre Lorde

- After all these years, I am still involved in the process of self-discovery. It's better to explore life and make mistakes than to play it safe. Mistakes are part of the dues one pays for a full life.

Sophia Loren

- Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials.

Lin Yutang

- Children have never been very good at listening to their elders, but they have never failed to imitate them

James Baldwin

- The art of being wise is knowing what to overlook.

William James

- We are not what we know but what we are willing to learn

Mary Catherine Bateson

- Learning is what most adults will do for a living in the 21<sup>st</sup> century.

Alfred Edward Perlman

- When your views on the world and your intellect are being challenged and you begin to feel uncomfortable because of a contradiction you've detected that is threatening your current model of the world...pay attention. You are about to learn something.

William H. Drury, Jr.

- Learning is a treasure that will follow its owner everywhere.

Chinese Proverb

- There are worse crimes than burning books. One of them is not reading them.

Ray Bradbury

- Sometimes when learning comes before experience it doesn't make sense right away.

Richard David Bach

- Mistakes are the portals of discovery

James Joyce

- A man should never be ashamed to admit he has been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.

Alexander Pope

- An open mind is like an open window. It lets the fresh air in.

Mike Hernacki

- A mistake is a crash-course in learning.

Billy Anderson

- Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life.

Dr. David M. Burns

- Learn to get in touch with the silence within yourself, and know that everything in life has purpose. There are no mistakes, no coincidences. All events are blessings given to us to learn from.

Elizabeth Kübler-Ross

- The very spring and root of honesty and virtue lie in good education.

Plutarch

- The giving of love is an education in itself

Eleanor Roosevelt

- Education comes from within; you get it by struggle and effort and thought.

Napoleon Hill

- I have learned to live my life one step, one breath, and one moment at a time, but it was a long road. I set out on a journey of love, seeking truth, peace and understanding. I am still learning.

Muhammad Ali



- Everything that irritates us about others can lead us to an understanding of ourselves.

Carl Gustav Jung

- The three qualities necessary for training: Great faith. Great doubt. Great effort.

Zen Proverb

- As far as men go, it is not what they are that interests me, but what they can become.

Morrie Schwartz

- I do not think much of a man who is not wiser today than he was yesterday.

Abraham Lincoln

- We can learn nothing except by going from the known to the unknown.

Claude Bernard

- The secret to mastery in any field is to forever be a student.

Martin Palmer

- He who is afraid to ask is ashamed of learning.

Danish Proverb

- A man who views the world the same at fifty as he did at twenty has wasted thirty years of his life.

Muhammad Ali

- A point of view can be a dangerous luxury when substituted for insight and understanding.

Marshall McLuhan

- Health, learning and virtue will ensure your happiness; they will give you a quiet conscience, private esteem and public honor.

Thomas Jefferson

- To appreciate the balance in life, you have to lose it every now and then.

Rod Williams

- Let go of your attachment to being right, and suddenly your mind is open. You're able to benefit

from the unique viewpoints of others, without being crippled by your own judgment.

Ralph Marston

- I try to learn from the finite, the lessons of the infinite.

Arthur Young

- Experience: that most brutal of teachers. But you learn, my God do you learn.

C.S. Lewis

“

I am always doing that which I cannot do, in order that I  
may learn how to do it.

”

**Pablo Picasso**

- The beautiful thing about learning is nobody can take it away from you.

B.B. King

“

the failure to read good books enfeebles the vision and  
strengthens our most fatal tendency- the belief that the here  
and now is all there is.

”

**Allan Bloom**

- Always fall in with that you're asked to accept. Take what is given, and make it over your way. My aim in life has always been to hold my own with whatever's going. Not against: with

Robert Frost

- Whoso neglects learning in his youth, loses the past and is dead for the future.

Euripedes

- Ideas are only lethal if you suppress and don't discuss them. Ignorance is not bliss, it's stupid. Banning books shows you don't trust yourself to be able to talk to them.

Anna Quindlen

- Education is the one thing that no one can take from you.

B.B. King

“

A man may learn wisdom even from a foe.

”

**Aristophanes**

- Nothing in life is to be feared. It is only to be understood.

Marie Curie

- All men should strive to learn before they die, what they are running from, and to, and why.

James Thurber

- Prejudice is the child of ignorance

William Hazlitt

- The reason most people never reach their goals is that they don't define them, learn about them, or even seriously consider them as believable or achievable.

Dennis Waitley

- I no longer scramble blindly through hardship. I no longer emerge from a bad time feeling relieved just to have survived. Instead of despairing, I try to find the lesson within the experience.

Halle Berry

- The road of life twists and turns and no two directions are never the same. Yet our lessons come from the journey, not the destination.

Don William Jr.

- There is more learning in the question itself than the answer.

Andrew Weremy

- A house is not a home unless it contains food and fire the mind as well as the body.

Benjamin Franklin

- Keep on beginning and failing. Each time you fail start all over again, and you will grow stronger until you have accomplished a purpose...not the one you began with but one you'll be glad to remember.

Anne Sullivan Macy

- There is a tendency to mistake data for wisdom, just as there has always been a tendency to confuse logic with values, intelligence with insight. Unobstructed access to facts can produce unlimited good only if it is

matched by the desire and ability to find out what they mean and where they lead. Facts are terrible things if left sprawling and unattended. They are too easily regarded as evaluated certainties rather than as the rawest of raw materials crying to be processed into the texture of logic.

Norman Cousins



## Listening

- Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell you the big stuff when they are big, because to them all of it has always been big stuff.

Catherine M. Wallace

- Most people do not listen with the intent to understand; they listen with intent to reply.

Stephen R. Covey

- To meet at all, one must open one's eyes to another; and there is no true conversation no matter how many words are spoken, unless the eye, unveiled and listening, opens itself to the other

Jessamyn West

- Music is the effort we make to explain to ourselves how our brains work. We listen to Bach transfixed because this is listening to a human mind.

Lewis Thomas

- Listening to people keeps them entertained.

Mason Cooley

- The first duty of love is to listen.

Paul Tillich

- I like to listen. I have learned a great deal from listening carefully. Most people never listen.

Ernest Hemmingway

- Listen not merely to what is said but to the tone of voice in which it is said.

Chinese Proverb

- Every person in this life has something to teach me – and as soon as I accept that, I open myself to truly listening.

Catherine Doucette

- Listen. Do not have an opinion while you listen because frankly, your opinion doesn't hold much water outside of Your Universe. Just listen. Listen

until their brain has been twisted like a dripping towel  
and what they have to say is all over the floor.

Hugh Elliot

- Listening is an attitude of the heart, a genuine desire to be with another which both attracts and heals.

L.J. Isham

“

when we talk about understanding, surely it takes place  
only when the mind listens completely – the mind being  
your heart, your nerves, your ears – when you give your  
whole attention to it.

”

**Jiddu Krishnamurti**

- We have two ears and only one tongue in order that we may hear more and speak less.

Diogenes Laertius

- Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward. When we are listened to, it creates us, makes us unfold and expand.

Dr. Karl Augustus Menninger

- Great ideas...come into the world as gently as doves... if we listen attentively, we shall hear, amid the uproar...a faint flutter of wings, the gentle stirring of life and hope.

Albert Camus

- The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention...A loving silence often has far more power to heal and to connect than the most well-intentioned words.

Rachel Naomi Remen

- The greatest gift you can give another is the purity of your attention.

Richard Moss

- Listening to someone talk isn't at all like listening to their words played over a machine. What you hear when you have a face before you is never what you hear when you have before you a winding tape.

Oriana Fallaci

- No man ever listened himself out of a job.

Calvin Coolidge

- Long before I wrote stories, I listened for stories. Listening for them is something more acute than listening to them. I suppose it's an early form of participation in what goes on. Listening children know stories are there. When their elders sit and begin, children are just waiting and hoping for one to come out, like a mouse from its hole.

Eudora Welty

- We have two ears and one tongue so that we would listen more and talk less.

Diogenes of Sinope

- Follow your instincts. That's where true wisdom manifests itself.

Oprah Winfrey

- Education is the ability to listen to almost anything without losing your temper or your self-confidence

Robert Frost

- The most important thing in communication is to hear what isn't being said.

Peter F. Drucker

- Listening, not imitation, may be the sincerest form of flattery.

Dr. Joyce [Diane Bauer] Brothers

- Much unhappiness comes from walking alone. When there are several, it's somewhat different. I must get into the habit of listening to others, for what the others say concerns me too.

Alfred Döblin

- Derive happiness in oneself from a good day's work, from illuminating the fog that surrounds us.

Henri Matisse

- It is the province of knowledge to speak and it is the privilege of wisdom to listen.

Oliver Wendell Holmes, Sr.

- Letting a maximum number of views be heard regularly is not just a nice philosophical notion. It is the best way any society has yet discovered to detect maladjustments quickly, to correct injustices, and to discover new ways to meet our continuing stream of novel problems that rise in a changing environment.

Benjamin Bagoikian

- Listen with an open heart and an open mind to those who love you the most. You may hear a grain of truth that will later become the foundation of your entire belief system.

Callie Khouri

- When I feel lost and can't make a decision, I just stop and get quiet, I take a time-out. I ask myself, how does this feel? What do I want my life to be like? I try not to listen to the should or clouds, and try to get beyond expectations, peer pressure, or trying to please – and just listen. I believe all the answers are ultimately within us.

Kim Cattrall



## Literacy

- Reading is a way for me to expand my mind, open my eyes, and fill up my heart.

Oprah Winfrey

- Reading is to the mind what exercise is to the body.

Joseph Addison

- We shouldn't teach great books; we should teach a love of reading.

B.F. Skinner

“

the beautiful thing about learning is that no one can take it  
from you.

”

**B.B. King**

“

A room without books is like a body without a soul.

”

**Marcus Tullius Cicero**

- The more that you read, the more things you will know. The more that you learn, the more places you'll go.

Theodore Seuss Geisel

- We must accept finite disappointment, but we must never lose infinite hope.

Martin Luther King, Jr.

- In great matters men show themselves as they wish to be seen; in small matters, as they are.

Gamaliel Bradford

- Love is an expression and assertion of self-esteem, a response to one's own values in the person of another.

Ayn Rand

- Books are the quietest and most constant of friends; they are the most accessible and wisest of counsellors, and the most patient of teachers.

Charles William Eliot

## Live life

- A bird doesn't sing because it has an answer, it sings because it has a song

Maya Angelou

- If a wind blows, ride it!

Arabic proverb

- I like living. I have sometimes been wildly, despairingly, acutely miserable, racked with sorrow, but through it all I still know quite certainly that just to be alive is a grand thing.

Agatha Christie

- Do not fear death so much, but rather the inadequate life.

Bertolt Brecht

- I will not die an unlived life. I will not live in fear of falling or catching fire. I choose to inhabit my days, to allow my living to open me, to make me less afraid, more accessible, to loosen my heart until it becomes a

wing, a torch, a promise. I choose to risk my significance; to live so that which came to me as a seed goes to the next as a blossom and that which came to me as a blossom, goes on as fruit.

Dawna Markhova, Ph.D

- Do not count the days; make the days count.

Muhammad Ali

- Do not let making a living prevent you from making a life.

John R. Wooden

- Gratitude is not only the greatest of virtues, but the parent of all the others.

Sir Winston Churchill

- The key to immortality is first living a life worth remembering.

Bruce Lee

- Each child is an adventure into a better life – an opportunity to change the old pattern and make it new.

Hubert H. Humphrey

- It is not the years in your life but the life in your years that counts!

Adlai E. Stevenson

- Here, with whitened hair, desires falling, strength ebbing out of him, with the sun gone down and with only the serenity and the calm warning of the evening star left to him, he drank to Life, to all it had been, to what it was, to what it would be. Hurrah!

Sean O'Casey

- And in the end it's not the years in your life that count; it's the life in your years.

Abraham Lincoln

- There comes a time in your life when you have to let go of all the pointless drama and the people who create it and surround yourself with people who make

you laugh so hard that you forget the bad and focus solely on the good. After all, life is too short to be anything but happy.

Karl Marx

- The adventure of life is to learn. The goal of life is to grow. The nature of life is to change. The challenge of life is to overcome. The essence of life is to care. The secret of life is to dare. The beauty of life is to give. The joy of life is to love!

William Arthur Ward

- Tomorrow do thy worst, I have lived today.

John Dryden

- Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.

John Muir

- Find life experiences and swallow them whole. Travel. Meet many people. Go down some dead ends and explore dark alleys. Try everything. Exhaust yourself in the glorious pursuit of life.

Lawrence K. Fish

- I can accept failure, but I can't accept not trying.

Michael Jordan

- Live your life from the heart. Share from your heart. And your story will touch and heal people's souls.

Melodie Beattie

- Another fresh new year is here...another year to live! To banish worry, doubt, and fear, to love and laugh and give! This bright new year is given me to live each day with zest...to daily grow and try to be my highest and my best! I have the opportunity once more to right some wrongs, to pray for peace, to plant a tree, and sing more joyful songs.

William Arthur Ward



- The strength of a man's virtue must not be measured by his efforts, but by his ordinary life.

Blaise Pascal

- Life is no brief candle to me. It is a sort of splendid torch which I have got a hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

George Bernard Shaw

- Have regular hours for work and play; make each day both useful and pleasant, and prove that you understand the worth of time by employing it well. Then youth will be delightful, old age will bring few regrets, and life will become a beautiful success.

Louisa May Alcott

- One life is all we have and we live it as we believe in living it. But to sacrifice what you are and to live without belief, that is a fate more terrible than dying.

Joan of Arc

- Watch the sunrise at least once a year, put a lot of marshmallows in your hot chocolate, lie on your back and look at the stars, never buy a coffee table you can't put your feet on, never pass up a chance to jump on a trampoline, don't overlook life's small joys while searching for the big ones.

H. Jackson Brown, Jr.

“

the purpose of morality is to teach you, not to suffer and  
die, but to enjoy yourself and live.

”

**Ayn Rand**

- In the book of life, the answers aren't in the back. –  
Peanuts character Charlie Brown

Charles Shultz

- Despising cowardice in others, I wished to prove myself no coward. Believing in the good, the gentle,

the beautiful things of life, I addressed myself to the sweet duty of keeping these attributes for my children's sake and my own. And striving to provide a living for them, I found a success beyond my wildest dreams.

Alice Foote MacDougall

- Nothing that happened in the past could be taken away. This was an amazing gift. The past was done and over and settled; you couldn't get it back, but still, whatever good you had gotten from it, spiritually, emotionally, would be yours for your lifetime.

Nancy Werlin

- You can't change your past, and your future has not happened. Focus your energy on enjoying the moment you are living right now.

Rod Williams

- Friendship, love, health, energy, enthusiasm, and joy are the things that make life worth living and exploring.

Denise Austin

- Just living is not enough. One must have sunshine, freedom and a little flower.

Hans Christian Anderson

- So with imagination, ingenuity and audacity, explore, discover, change the world. And have fun while you're at it. Always take time out to love and to live. You're going to be busy, but never forget family and friends.

Daniel S. Goldin

- Love life and life will love you back. Love people and they will love you back.

Arthur Rubinstein

- To finish the moment, to find the journey's end in every step of the road, to live the greatest number of good hours, is wisdom...since our office is with moments, let us husband them.

Ralph Waldo Emerson

- I count life just a stuff, to try the soul's strength on

Robert Browning

- You're alive. Do something. The directive in life, the moral imperative was so uncomplicated. It could be expressed in single words, not complete sentences. It sounded like this: Look. Listen. Choose. Act.

Barbara Hall

- An original life is unexplored territory. You don't get there by carrying a canoe.

Alan Alda

- I postpone death by living, by suffering, by error, by risking, by giving, by losing.

Anaïs Nin

- The best part of life is not just surviving, but thriving with passion and compassion and humor and style and generosity and kindness.

Maya Angelou

- You know, I used to think the future was solid or fixed, something you inherited like an old building that you move into when the previous generation

moves out or gets chased out. But it's not. The future is not fixed; it's fluid. You can build your own building, or hut or condo...the world is more malleable than you think and it's waiting for you to hammer it into shape.

Bono

- In short, I am convinced, both by faith and experience, that to maintain one's self on this earth is not hardship but a pastime, if we will live simply and wisely: as the pursuits of the simpler nations are still the sports of the more artificial.

Henry David Thoreau

- Live all you can – it's a mistake not to. It doesn't so much matter what you do in particular, so long as you have your life. If you haven't had that, what have you had?

Henry James

- You live once – but if you work it right, once is enough.

Joe E. Lewis

- Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.

Francesca Reigler

- We cannot put off living until we are ready. The most salient characteristic of life is its urgency, ‘here and now’ without any possible postponement. Life is fired at us point-blank.

Jose Ortega y Gasset

- My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.

Maya Angelou

- Bloom where you are planted.

Unknown

- Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.

Khalil Gibran

- Break the rules, forgive quickly, kiss slowly, love truly, laugh uncontrollably.

Anonymous

- This was a splendid life. Splendid in its obscurity and humility, splendid in its strength and charity, splendid in its achievements.

Robert C. Mortimer

- Put your ear down close to your soul and listen hard.

Anne Sexton

- The happy heart runs with the river, floats on the air, lifts to the music, soars with the eagle, hopes with the prayer.

Maya Angelou

- The person who has lived the most is not the one with most years, but the one with the richest experiences.

Jean-Jacques Rousseau



- If you can talk with crowds and keep your virtue. Or walk with kings – nor lose the common touch. If neither foes nor loving friends can hurt you. If all men count with you but none too much. If you can fill the unforgiving minute with sixty seconds worth of distance run – yours is the earth and everything that's in it. And – which is more – you'll be a man my son!

Rudyard Kipling

- I shall not waste my days in trying to prolong them

Ian Fleming

- Love the moment, and the energy of that moment will spread beyond all boundaries.

Sister Mary Conta Kent

- I want everybody, and I want to be everything. One life is not enough.

Vladimir Sokoloff

- I believe every human has a finite number of heartbeats. I don't intend to waste any of mine.

Neil Armstrong

- Life is short, the art long, opportunity fleeting, experiment treacherous, judgment difficult.

Hippocrates

- When it comes time to die, let us not discover that we have never lived.

Henry David Thoreau

- To be able to look back upon one's life in satisfaction, is to live twice.

Khalil Gibran

- To change one's life: start immediately. Do it flamboyantly. No exceptions.

William James

- I could not, at any age, be content to take my place by the fireside and simply look on. Life was meant to be lived. Curiosity must be kept alive. One must never, for whatever reason, turn his back on life.

Eleanor Roosevelt

- These are days when no one should rely unduly on his “competence.” Strength lies in improvisation. All the decisive blows are struck left-handed.

Walter Benjamin

- Do not follow where the path may lead. Go instead where there is no path and leave a trail.

Muriel Strode

- The heart may be broken, and the soul remain unshaken.

Napoleon Bonaparte

- Never regret yesterday. Life is in you today, and you make your tomorrow.

L. Ron Hubbard

“

for a long time it had seemed to me that life was about to begin – real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles

were my life.

”

**Alfred D. Souza**

- Life is too deep for words, so don't try to describe it, just live it.

C.S. Lewis

“

the more one does and sees and feels, the more one is able  
to do, and the more genuine may be one's appreciation of  
fundamental things like home, and love, and  
understanding companionship.

”

**Amelia Earhart**

- Live today. Not yesterday. Not tomorrow. Just today.  
Inhabit your moments. Don't rent them out to  
tomorrow.

Jerry Spinelli

- I find the great thing in this world is not so much  
where we stand, as in what direction we are  
moving...we must sail sometimes with the wind and  
sometimes against it...but we must sail and not drift  
nor lie at anchor.

Oliver Wendell Holmes, Sr.

- Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be achieved.

William Jennings Bryan

- To live is the rarest thing in the world. Most people exist, that is all

Oscar Wilde

- Life is a great and wondrous mystery, and the only thing we know that we have for sure is what is right here right now. Don't miss it.

Leo Buscaglia

- By imposing too great a responsibility, or rather, all responsibility, on yourself, you crush yourself.

Frank Kafka

- At the end of your life, you will never regret not having passed one more test, not winning one more verdict, or not closing one more deal. You will regret time not spent with a husband, a friend, a child, or a parent.

Barbara Bush

- Find out who you are and do it on purpose.

Dolly Parton

- The future turns out to be something that you make instead of find. It isn't waiting for your arrival either with an arrest warrant or a band, nor is it any further away than the next sentence, the next sketch for the painting of a life portrait that might become a masterpiece. The future is an empty canvas or a blank sheet of paper, and if you have the courage of your own thought and your own observation, you can make of it what you will.

Lewis Lapham

- Life is uncertain. Eat dessert first.

Ernestine Ulmer

- Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regrets. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.

Mary Anne Radmacher

- Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.

Carl Sandburg

- It is not the critic who counts: not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat.

Theodore Roosevelt



- I have found that if you love life, life will love you back.

Arthur Rubinstein

- There is no end. There is no beginning. There is only the infinite passion of life.

Federico Fellini

- From the smallest necessity to the highest religious abstraction from the wheel to the skyscraper, everything we are and everything we have comes from one attribute of man – the function of his reasoning mind.

Ayn Rand

- I do not choose to be a common man. It is my right to be uncommon – if I can. I seek opportunity – not security. I do not wish to be a kept citizen, humbled and dulled by having the state look after me. I want to take the calculated risk; to dream and build, to fail and to succeed. I refuse to barter incentive for a dole. I prefer the challenges of life to the guaranteed existence; the thrill of fulfilment to the stale calm of

utopia. I will not trade freedom for beneficence nor my dignity for a handout. I will never cower before any master nor bend to any threat. It is my heritage to stand erect, proud and unafraid; to think and act for myself, enjoy the benefit of my creations, and to face the world boldly and say, this I have done.

Dean Alfange

- Don't fear failure so much that you refuse to try new things. The saddest summary of life contains three descriptions: could have, might have and should have.

Louis E. Boone

- Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed.

Storm Jameson

- Contentment, and indeed usefulness, comes as the infallible result of great acceptances, great humilities – of not trying to make ourselves this or that, but of surrendering ourselves to the fullness of life – of letting life flow through us.

David Grayson

- You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where to go.

Theodore Seuss Geisel

- We cannot wait for the storm to pass over – we must learn to dance in the rain

Unknown

- Life is what we make it, always has been, always will be.

Grandma [Anna May Robertson] Moses

## Live your dreams

- We are designed with a dreaming brain and a hopeful spirit; it is our nature to envision the life of our dreams. And while dreaming comes easy to us, we must never forget that it takes strength, dedication, and courageous action to bring that dream to life.

Steve Maraboli

- Shoot for the moon. Even if you miss, you'll land among the stars.

Brian Littrell

- Don't be pushed by your problems, be led by your dreams.

Ralph Waldo Emerson

- One can never consent to creep when one feels the compulsion to soar.

Helen Keller

- Someone with their feet planted firmly on the ground has no hope of reaching the stars.

Kelsey Dunn

- For my part I know nothing with any certainty, but the sight of the stars makes me dream.

Vincent Van Gogh

- Make no small plans for they have no power to stir the soul.

Niccolo Machiavelli

- Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.

Howard Thurman

- If it fails, admit it frankly and try another. But above all, try something.

Franklin D. Roosevelt

- Anyone who has never made a mistake has never tried anything new.

Albert Einstein

- Let the beauty that we love be what we do.

Jalal ad-Din Rumi

- In the name of the best within you, do not sacrifice this world to those who are its worst. In the name of the values that keep you alive, do not let your vision of man be distorted by the ugly, the cowardly, the mindless... Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not-quite, the not-yet, the not-at-all. Do not let the hero in your soul perish, in lonely frustration for the life you deserved, but have never been able to reach. Check your road and the nature of your battle. The world you desired can be won, it exists, it is real, it is possible, it's yours.

Ayn Rand

- Whatever the mind can conceive and believe, it can achieve

Napoleon Hill

- If one is lucky, a solitary fantasy can totally transform one million realities.

Maya Angelou

- Choose to chance the rapids and dare to dance the skies.

Garth Brooks

- Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts.

Albert Einstein

- Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.

Earl Nightingale

- Hold fast to dreams. For if dreams die, life is a broken-winged bird that cannot fly.

James Langston Hughes

- No one should negotiate their dreams. Dreams must be free to fly high. No government, no legislature, has a right to limit your dreams. You should never agree to surrender your dreams.

Jesse Jackson

- Don't tell us the sky is the limit when there are footsteps on the moon.

Unknown

- What would you attempt to do if you knew you could not fail?

Unknown

- Dreams and actions are not so different as usually thought, as all actions of men are founded upon dreams, and their end – is a dream too.

Theodor Herzl

- Security is mostly a superstition. It does not exist in nature... Life is either a daring adventure or nothing.

Helen Keller

- Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray.

Jalal ad-Din Rumi



- I have heard it said that the first ingredient of success – the earliest spark in the dreaming youth – is this: dream a great dream.

John A. Appleman

- Creativity is a natural extension of our enthusiasm

Earl Nightingale

- If a man wants his dreams to come true, he must wake them up.

Anonymous

- Nothing happens unless first a dream.

Carl Sandburg

- Mind is all that counts. You can be whatever you make your mind to be.

Robert J. Collier

- If one advances confidently in the direction of his dreams, and endeavours to live the life which he has imagined, he will meet with a success unexpected in common hours.

Henry David Thoreau

- Dream as if you'll live forever. Live as if you'll die today.

James Dean

- You are never too old to set another goal or to dream a new dream.

C.S. Lewis

“

Security is not the meaning of my life. Great opportunities are worth the risk.

”

**Shirley Hufstedler**

- We've removed the ceiling above our dreams. There are no more impossible dreams.

Jesse Jackson

- Success isn't a result of spontaneous combustion. You must set yourself on fire.

Arnold H. Glasgow

- If you have built castles in the air, your work need not be lost: that is where they should be. Now put the foundations under them.

Henry David Thoreau

- We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.

Jesse Owens

- Go confidently in the direction of our dreams! Live the life you've imagined.

Henry David Thoreau

- Only I can change my life. No one can do it for me.

Carol Burnett

- Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles

and less than perfect conditions. So what. Get started. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful.

Mark Victor Hansen

- There is only one thing that makes a dream impossible to achieve: the fear of failure.

Paulo Coelho

- It was my mum who got me into singing properly – she knew I had to do something with my voice because she knew I was talented. She was the one who pushed me into joining a choir all those years ago, when I was about 12. I remember she told me to start with the choir and just see where it took me.

Susan Boyle

- Nothing splendid has ever been achieved except by those who dared to believe that something inside them was superior to circumstance

Bruce Barton

- The vision that you glorify in your mind, the ideal that you enthrone in your heart – this you build your life by, and this you will become.

James Allen

- If you have a dream, don't just sit there. Gather courage to believe that you can succeed and leave no stone unturned to make a reality.

Dr. Roopleen

- All men dream, but not equally. Those who dream by night in the dusty recesses of their minds, wake in the day to find that it was vanity: but the dreamers of the day are dangerous men, for they may act on their dreams with open eyes, to make them possible.

T.E. Lawrence "of Arabia"

“

a great goal in life is the only fortune worth finding.

”

**Jacqueline Kennedy Onasis**

- Feet, why do I need them if I have wings to fly?

Frida Kahlo

- The future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt

- To accomplish great things, we must not only act, but also dream, not only plan, but also believe.

Anatole France

- Listen to the Mustn't's child, listen to the don't's. Listen to the shouldn't's, the impossible, the won't's. Listen to the never haves, then listen close to me. ANYthing can happen, child, ANYthing can be.

Shel Silverstein

- Those who dream by day are cognizant of many things which escape those who dream only by night.

Edgar Allen Poe

- You can't put a limit on anything. The more you dream, the farther you get.

Michael Phelps

- Every fool knows you can't touch the stars, but it doesn't stop a wise man from trying.

Harry Anderson

- Everybody likes to go their own way to choose their own time and manner of devotion.

Jane Austin

- Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did so. So throw off the bowlines. Sail away from safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover.

Mark Twain

- You see things; and you say Why? But I dream things that never were; and I say Why not?

George Bernard Shaw

- So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.

Christopher Reeve

- Throw your dreams into space like a kite, and you do not know what it will bring back, a new life, a new friend, a new love, a new country.

Anaïs Nin

- Most people never run far enough on their first wind to find out they've got a second. Give your dreams all you've got and you'll be amazed at the energy that comes out of you.

William James

- All our dreams can come true; if we have the courage to pursue them.

Walt Disney

- You've got to have a dream, if you want to have a dream come true.

Dennis Waitley

- Your life is an occasion; rise to it.

Mr. Magorium



- Your vision becomes clear when you look inside your heart. Who looks outside dreams. Who looks inside awakens.

Carl Gustav Jung

## Love

- We need not think alike to love alike.

Francis David

- The brain may take advice, but not the heart, and love having no geography, knows no boundaries: weight and sink it deep, no matter, it will rise and find the surface.

Truman Capote

- Once the realization is accepted that even between the closest human beings infinite distances continue, a wonderful living side by side can grow, if they succeed in loving the distance between them which makes it possible for each to see the other whole against the sky.

Rainer Maria Rilke

- Keep love in your heart. A life without it is like a sunless garden when the flowers are dead. The consciousness of loving and being loved brings

warmth and a richness to life that nothing else can bring. Who, being loved, is poor?

Oscar Wilde

- Tolerance and celebration of individual differences is the fire that fuels lasting love.

Tom Hannah

- Dream you dream. Follow your heart. Imagine. Listen to the wind. Drink sunsets. Be free. Let the wonder never cease. Believe. Wish on EVERY star. Create adventure. Be kind.

Debbie Coulter

- Original love never appears in pure form, but in manifold veils and shapes, such as confidence, humility, reverence and modesty, as gratefulness...

Friedrich Schlegel

- Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

Martin Luther King, Jr.

- Never let a problem to be solved become more important than the person to be loved.

Barbara Johnson

- People are partying, songs are being sung, sugarplums are dancing, all in holiday fun. Presents are under the tree, reindeer fly high above, peace on earth, goodwill to all, sending joy and love!

D.M. Dellinger

“

love wholeheartedly, be surprised, give thanks and praise – then you will discover the fullness of your life.

”

**David Steindl-Rast**

- Love is that condition in which the happiness of another person is essential to your own.

Robert A. Heinlein

- Love is the great miracle cure. Loving ourselves works miracles in our lives.

Louise Hay

- There's something about love that people just have to respond to.

Howard Melchin

- Love does not consist in gazing at each other, but in looking outward together in the same direction.

Antoine de Sainte-Exupery

- We are, each of us angels with only one wing: and we can only fly by embracing one another.

Lucianno de Crescenzo

- The highest vocation we can have is love. Love in action is service

Ken Essien

- Love you neighbour as yourself

Bible

- And still, after all this time, the sun has never said to the earth, ‘you owe me.’ Look what happens with love like that. It lights up the sky.

Jalal ad-Din Rumi

- Blessed is the season which engages the whole world in a conspiracy of love

Hamilton Wright Mabie

- If you judge people, you have no time to love them.

Mother Teresa

- Love must be as much a light, as it is a flame.

Henry David Thoreau

- Accept the things to which fate binds you, and love the people with whom fate brings you together, but do so with all your heart.

Marcus Aurelius

- The love in your heart wasn’t put there to stay. Love isn’t love ‘til you give it away.

Oscar Hammerstein

- My work is loving the world.

Mary Oliver

- Happiness comes more from loving than being loved; and often when our affection seems wounded it is only our vanity bleeding. To love, and to be hurt often, and to love again – this is the brave and happy life.

J.E. Buckrose

“

one word frees us of all the weight and pain of life: that

word is love

”

**Sophocles**

- Love never reasons but profusely gives: gives, like a thoughtless prodigal, its all, and trembles lest it has done too little.

Hannah More

- Where there is love there is life.

Mohandas Karamchand Gandhi

- You'll discover that real love is millions of miles past falling in love with anyone or anything. When you make that one effort to feel compassion instead of blame or self-blame, the heart opens again and continues opening.

Sara Paddison

- Love never says: I have done enough!

Saint Marie-Eugenie de Jesus

- Love is all we have, the only way that each can help the other.

Euripides



- Love is the triumph of imagination over intelligence

Henry Louis Menchen

- Love one another and you will be happy. It's as simple and as difficult as that.

Michael Leunig

- There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution and all hopes for a better world rest in the fearlessness and open-hearted vision of people who embrace life.

John Lennon

- Anyone can hate. It costs to love

John Williamson

- When you begin to touch your heart or let your heart be touched, you begin to discover that it's bottomless, that it doesn't have any resolution, that this heart is huge, vast, and limitless. You begin to discover how much warmth and gentleness is there, as well as how much space.

Pema Chodron

- You search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection.

Buddha

- Whatever our souls are made of, his and mine are the same.

Emily Brontë

- A good heart is better than all the heads in the world.

Edward G. Bulwer-Lytton

- Life is short and we have never too much time for gladdening the hearts of those who are travelling the dark journey with us. Oh be swift to love, make haste to be kind.

Henri-Frederic Amiel

- There is more hunger for love and appreciation in this world than for bread.

Mother Teresa

- What you are in love with, what seizes your imagination, will affect everything. It will decide what gets you out of bed in the mornings, what you do with your evenings, how you spend your weekends, what you read, who you know, what breaks your heart, and what amazes you. Fall in love, stay in love, and it will decide everything.

Pedro Arrupe

- Nothing truly valuable arises from ambition or from a mere sense of duty; it stems rather from love and devotion towards objective things.

Albert Einstein

- The happiest moments my heart knows are those in which it is pouring forth its affections to a few esteemed characters.

Thomas Jefferson

- We come to love not by finding a perfect person, but by learning to see an imperfect person perfectly.

Anonymous

- Absence is to love as wind is to fire; it extinguishes the small and kindles the great.

Roger de Bussy-Rabutin

- From every human being there rises a light that reaches straight to heaven. And when two souls that are destined to be together find each other, their streams of light flow together, and a single brighter light goes forth from their united being.

Unknown

- Home is not where, it is whom.

Christianne Dettman

- I have found the paradox that if I love until it hurts, then there is no hurt, but only more love

Mother Teresa

- Love all, trust a few, do wrong to none.

William Shakespeare

- The meeting of two personalities is like the contact of two chemical substances; if there is any reaction, both are transformed.

Carl Gustav Jung

- Joy is prayer – joy is strength – joy is love – joy is a net of love by which you can catch souls. She gives most who gives with joy.

Mother Teresa

- The greatest compliment that was ever paid me was when one asked me what I thought, and attended to my answer.

Henry David Thoreau

- Love and work are the cornerstones of our humanness.

Sigmund Freud

- I never saw love as luck, as that gift from the gods which put everything else in place, and allowed you to succeed. No, I saw love as reward. One could find it only after one's virtue, or one's courage, or self-sacrifice, or generosity, or loss, has succeeded in stirring the power of creation.

Norman Mailer

- You must learn day by day, year by year, to broaden your horizon. The more things you love, the more you are interested in, the more you enjoy, the more you are indignant about, the more you have left when anything happens.

Ethel Barrymore

- The heart has reasons that reason doesn't understand.

Jacques-Bénigne Bossuet

- Most of us who turn to any subject we love remember some morning or evening hour when we...sat with parted lips listening to a new talker, or for very lack of books began to listen to the voices within, as the first traceable beginning of our love.

George Eliot [Mary Ann Evans]

- Pure love is a willingness to give without a thought of receiving anything in return.

Peace Pilgrim

- Nobody has ever measured, not even poets, how much the heart can hold

Zelda Fitzgerald

- Power is of two kinds. One is obtained by the fear of punishment and the other by acts of love. Power based on love is a thousand times more effective and permanent than the one derived from fear of punishment.

Mohandas Karamchand Gandhi

- You never lose by loving. You always lose by holding back

Barbara DeAngelis

- Love is patient, love is kind, it does not envy, it does not boast, it is not proud.

Bible

- Hatred paralyzes life; love realises it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illumines it.

Martin Luther King, Jr.

- It is lack of love for ourselves that inhibits our compassion toward others. If we make friends with ourselves, then there is no obstacle to opening our hearts and minds to others.

Unknown

- I have never met a person whose greatest need was anything other than real, unconditional love. You can find it in a simple act of kindness toward someone who needs help. There is no mistaking love...it is the



common fiber of life, the flame that heats our soul,  
energizes our spirit and supplies passion to our lives.

Elizabeth Kübler-Ross

- To love and be loved is to feel the sun from both sides.

David Viscott

- Only in love are unity and duality not in conflict.

Rabindranath Tagore

- Remember when you go into the world to keep your eyes and ears wide open. And be kind. Love one another. Take care of each other. Tell the truth. Always do your best. Listen to the big people and the little people. Explore new paths and have fun. Know that you are loved like crazy. Give thanks for all your blessings. Above all else, love and you will do wonderful things in this world.

Rebecca Puig

- Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; love more, and all good things will be yours!

#### Swedish Proverb

- And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more.

#### Theodore Seuss Geisel

- Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity.

#### Henry van Dyke

- We lose ourselves in the things we love. We find ourselves there, too.

Kristin Martz

- It is in the shelter of each other that the people live

Irish Proverb

- It's not about how much you do, but how much love you put into what you do that counts

Mother Teresa

- Even after all this time the sun never says to the earth, 'you owe me.' Look what happens with a love like that. It lights the whole sky.

Hāfiz

- If you were alone in the universe with no one to talk to, no one with which to share the beauty of the stars, to laugh with, to touch, what would be your purpose in life? It is other life, it is love, which gives your life meaning. This is harmony. We must discover the joy of each other, the joy of challenge, the joy of growth.

Mitsugi Saotome

- There are four questions of value in life... What is sacred? Of what is the spirit made? What is worth living for? The answer to each is the same. Only love.  
[from Don Juan DeMarco (1994)]

Johnny Depp

- The last of the human freedoms is to choose one's attitudes.

Viktor Frankl

- Love is always bestowed as a gift freely, willingly, and without expectation. We don't love to be loved, we love to love.

Dr. Leo Buscaglia

- Though God hath raised me high, yet this I count the glory of my crown: that I have reigned with your loves. And though you have had, and may have, many mightier and wiser princes sitting in this seat; yet you never had, nor shall have any that will love you better.

Queen Elizabeth I

- To suffer woes which Hope thinks infinite; to forgive wrongs darker than death or night; to defy power, which seems omnipotent; to love, and bear; to hope, till hope creates from its own wreck the thing it contemplates; neither to change nor falter nor repent; this, like thy glory, Titan! is to be good, great and joyous, beautiful and free; this is alone life, joy, empire and victory.

Percy Bysshe Shelley

- What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others.

Pericles

- To love someone deeply gives you strength. Being loved by someone deeply gives you courage.

Lao Tzu

- The magnanimous know very well that they who give time, or money, or shelter, to the stranger – so it be done for love, and not for ostentation – do, as it were,

put God under obligation to them, so perfect are the compensations of the universe.

Ralph Waldo Emerson

- The greatest thing you'll ever learn is just to love and be loved in return.

Eden Ahbez

- Let your love be like the misty rains, coming softly, but flooding the river.

Malagasy Proverb

- Perfect love is rare indeed – for to be a lover will require that you continually have the subtlety of the very wise, the flexibility of the child, the sensitivity of the artist, the understanding of the philosopher, the acceptance of the saint, the tolerance of the scholar and the fortitude of the certain.

Dr. Leo Buscaglia

- To be good is noble, but to teach others how to be good is nobler – and less trouble.

Mark Twain

- Love is something eternal; the aspect may change but not the essence.

Vincent Van Gogh

- At the touch of love everyone becomes a poet.

Plato

- Let us see what love can do

William Penn

- The greatest investment we can ever make is to invest our life in the life of someone else.

Scott Lee

- There is a comfort in the strength of love; 'Twill make a thing endurable, which else would upset the brain, or break the heart.

William Wordsworth

- We are reminded how short life really is, and how we are just passing through. So, all the people you haven't told you love lately, tell them, and live your days like you mean it.

Hal Sutton

- I believe in love. I believe it transforms, transports, and transcends. I believe it fine-tunes goodness, solidifies strength, ripens resolve, eradicates rage, alleviates stress, and elevates empathy.

Lisa Kogan

- Love and kindness are never wasted. They always make a difference

Helen James

- You cannot save people. You can only love them

Anaïs Nin

- ...to a poet, the human community is like the community of birds to a bird, singing to each other. Love is one of the reasons we are singing to one another, love of language itself, love of sound, love of singing itself, and love of the other birds.

Sharon Olds

- To love deeply in one direction makes us more loving in all others



Anne Sophie Swetchine

- You cannot take good care of a child unless you love the child, you must be part of their life.

Carol Donald

- I never look at the masses as my responsibility. I look at the individual. I can only love one person at a time – just one. One. One. So you begin. I began – I picked up one person. Maybe if I didn't pick up that one person, I wouldn't have picked up forty-two thousand... The same thing goes for you, the same thing goes for your family, the same thing in your church, your community. Just begin – one. One. One.

Mother Teresa

- Appreciation...acknowledges the presence of good wherever you shine the light of your thankful thoughts.

Alan Cohen

- Work is love made visible. And if you cannot work with joy but only with distaste, it is better that you

should leave your work and sit at the gate of the temple, and take alms from them who work with joy.

Khalil Gibran

- Animals don't hate, and we're supposed to be better than them.

Elvis Presley

- Trouble is part of your life – if you don't share it, you don't give the person who loves you a chance to love you enough.

Dinah Shore

- When you are in love, you can't fall asleep because reality is better than your dreams

Theodore Seuss Geisel

- To love oneself is the beginning of a lifelong romance.

Oscar Wilde

- The way to love anything is to realize that it might be lost.

G.K. Chesterton

“

love is a non-possessive delight in the particularity of the  
other

”

**James E. Loder**

- Love is a special word, and I use it only when I mean it. You say the word too much and it becomes cheap.

Ray Charles

- True success is when those who know you the best love you the most.

John Maxwell

- Perhaps love is like a resting place, a shelter from the storm. It exists to give you comfort, it is there to keep you warm, and in those times of trouble when you are most alone, the memory of love will bring you home.

John Denver

# Loyalty

- The scholar does not consider gold and jade to be precious treasures, but loyalty and good faith.

Confucius

- Loyalty means nothing unless it has at its heart the absolute principle of self-sacrifice

Woodrow Wilson

- Where the battle rages, there loyalty of the soldier is proved

Martin Luther

- Independence is loyalty to one's best self and principles, and this is often disloyalty to the general idols and fetishes.

Mark Twain

- Love makes your soul crawl out from its hiding place

Zora Neale Hurst

- It is better to be faithful than famous

Theodore Roosevelt

- My kind of loyalty was loyalty to one's country, not to...its office holders.

Mark Twain

- I will follow thee to the last gasp with truth and loyalty

William Shakespeare

- Loyalty and devotion lead to bravery. Bravery leads to the spirit of self-sacrifice. The spirit of self-sacrifice creates trust in the power of love.

Morihei Ueshiba

- I do believe that when we face challenges in life that are far beyond our own power, it's an opportunity to build on our faith, inner strength, and courage. I've learned that how we face challenges plays a big role in the outcome of them.

Sasha Azevedo

- You can buy a person's hands but you can't buy his heart. His heart is where his enthusiasm, his loyalty is.

Stephen R. Covey

- When you're part of a team, you stand up for your teammates. Your loyalty is to them. You protect them through good and bad, because they'd do the same for you.

Lawrence Peter "Yogi" Berra

- Trust thyself: every heart vibrates to that string

Ralph Waldo Emerson

- Your truest friends are the ones who will stand by you in your darkest moments – because they're willing to brave the shadows with you – and in your greatest moments – they're not afraid to let you shine.

Nicole Yatsonsky

- Loyalty is a feature in a boy's character that inspires boundless hope

Sir Robert Baden-Powell

- Respect your fellow human being, treat them fairly, disagree with them honestly, enjoy their friendship, explore your thoughts about one another candidly,

work together for a common goal and help one another achieve it.

Bill Bradley

- If you work for a man, in heaven's name work for him! If he pays you wages that supply you your bread and butter, work for him – speak well of him, think well of him, stand by him and stand by the institution he represents. I think if I worked for a man I would work for him. I would not work for him a part of the time, and the rest of the time work against him. I would give an undivided service or none. If put to the pinch, an ounce of loyalty is worth a pound of cleverness.

Elbert Hubbard

- Most important in a friendship? Tolerance and loyalty

J.K. Rowling

“

promises are the uniquely human way of ordering the future, making it predictable and reliable to the extent that this is humanly possible

”

**Hannah Arendt**

- Champions aren't made in gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill

Muhammad Ali

- A word of encouragement during a failure is worth more than an hour of praise after success.

Unknown



## Making a difference

- I wanted to change the world. But I have found that the only thing one can be sure of changing is oneself

Aldous Huxley

- Go out into the world and do good until there is too much good in the world.

Larry H. Miller

- Never forget that you are one of a kind. Never forget that if there weren't any need for you in all your uniqueness to be on this earth, you wouldn't be here in the first place. And never forget, no matter how overwhelming life's challenges and problems seem to be, that one person can make a difference in the world. In fact, it is always because of one person that all the changes in the world come about. So be that one person.

R. Buckminster Fuller

“

the mind has exactly the same power as the hands: not  
merely to grasp the world, but to change it.

”

**Colin Wilson**

- What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.

Nelson Mandela

- I cannot believe that the purpose of life is to be happy. I think the purpose of life is to be useful, to be responsible, to be compassionate. It is, above all to matter, to count, to stand for something, to have made some difference that you lived at all

Leo Rosten

- Do more than belong: participate. Do more than care: help. Do more than be fair: be kind. Do more than forgive: forget. Do more than dream: work.

William Arthur Ward

- Act as if what you do makes a difference. It does.

William James

- We must become the change we want to see in the world.

Mohandas Karamchand Gandhi

- I choose to believe I can and will change the world with my words and thoughts

Rod Williams

- We do not need magic to transform our world. We carry all the power we need inside ourselves already. We have the power to imagine better.

J.K. Rowling

“

I feel that the greatest reward for doing is the opportunity  
to do more

”

**Dr. Jonas Salk**

- I'm through accepting limits 'cuz someone says they're so. Some things I cannot change, but 'til I try I'll never know. ~ Lyrics from the song Defying Gravity, found in the musical Wicked

Stephen Schwartz

- We have it in our power to change the world over.

Thomas Paine

- You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.

Woodrow Wilson

- It takes each of us to make a difference for all of us

Jackie Mutcheson

- Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.

Eleanor Roosevelt

- Never get tired of doing little things for others. Sometimes, those little things occupy the biggest part of their hearts.

Unknown

- The world is not a dream, but a reality, of which we are the chief part, and in which we must be up and doing something... Come out into the world about you, be it either wide or limited. Sympathize, not in thought only, but in action, with all about you. Make yourself known and felt for something that would be loved and missed, in twenty thousand little ways, if you were to die; then your life will be a happy one, believe me.

Charles Dickens

- And that is how change happens. One gesture. One person. One moment at a time

Libba Bray

- Most people are like you and me, or the people across the street or around the world from you and me. Just like you and me, their hearts tell them that somewhere, somehow, they can make a positive difference in the world.

William Baker

- I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do.

Edward Everett Hale

- Hope has two beautiful daughters; their names are anger and courage. Anger at the way things are, and courage to see that they do not remain as they are

Augustine of Hippo

- Even if you're on the right track, you'll get run over if you just sit there

Will Rogers

- You can gain more friends by being yourself than you can by putting up a front. You can gain more friends by building people up than you can by tearing them down. And you can gain more friends by taking a few minutes from each day to do something kind for someone, whether it be a friend or a complete stranger. What a difference one person can make!

Sasha Azevedo

- Never believe that a few caring people can't change the world. For, indeed, that's all who ever have

Margaret Mead

- To live for results would be to sentence myself to continuous frustration. My only sure reward is in my actions and not from them.

Hugh Prather

- I have been impressed with the urgency of doing. Knowing is not enough: we must apply. Being willing is not enough, we must do.

Leonardo da Vinci

- Do, or do not. There is no 'Try.'

Yoda

- It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance.

Robert F. Kennedy

- To be a man is...to be responsible. It is to feel shame at the sight of what seems to be unmerited misery. It is to take pride in a victory won by one's comrades. It is to feel, when setting one's stone, that one is contributing to the building of the world



Antoine de Saint-Exupery

- We can choose to be affected by the world or we can choose to affect the world

Heidi Wills

- To him who is determined it remains only to act.

Italian Proverb

- How wonderful that no one need wait a single moment to improve the world.

Anne Frank

- If it is to be, it is up to me.

Unknown

- It is the greatest of all mistakes to do nothing because you can only do little – do what you can

Sydney Smith

- When you cease to make a contribution, you begin to die.

Eleanor Roosevelt

- The true meaning of life is to plant trees, under whose shade you do not expect to sit

Nelson Henderson

- Never lose sight of the fact that the most important yardstick of your success will be how you treat other people – your family, and co-workers, and even strangers you meet along the way.

Barbara Bush

- The only thing necessary for the triumph of evil is for good men to do nothing

Edmund Burke

- We can do no great things – only small things with love

Mother Teresa

- The world is not interested in what we do for a living. What they are interested in is what we have to offer freely – hope, strength, love and the power to make a difference!

Sasha Azevedo

- Be not simply good; be good for something

Henry David Thoreau

- Waste no more time arguing about what a good man should be. Be one.

Marcus Aurelius

- Your thoughts, words and deeds are painting the world around you.

Jewel Diamond Taylor

- You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.

Jane Goodall

## Mentoring

- To do something, however small, to make others happier and better, is the highest ambition, the most elevating hope, which can inspire a human being.

John Lubbock

- It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings

Ann Landers

- The test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority

Ralph W. Sockman

- Confidence...thrives on honesty, on honor, on the sacredness of obligation, on faithful protection and on unselfish performance. Without them it cannot live.

Franklin D. Roosevelt

- Sometimes you have to watch somebody love something before you can love it yourself. It is as if they are showing you the way.

Donald Miller

## Mindfulness

- You must live in the present, launch yourself on every wave, find your eternity in each moment. Fools stand on their island of opportunities and look to another land. There is no other land; there is no other life but this.

Henry David Thoreau

- Surrender to what is, let go of what was, have faith in what will be.

Sonia Ricotti

- Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand – and melting like a snowflake...

Sir Frances Bacon

- Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Almost everything – all external expectations, all pride, all fear of

embarrassment or failure – these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

Steve Jobs

- Begin at once to live, and count each separate day as a separate life.

Seneca

- Be happy in the moment, that's enough. Each moment is all we need, not more

Mother Teresa

- As soon as you honor the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease. When you act out the present-moment awareness, whatever you do becomes imbued with a sense of quality, care, and love – even the most simple action

Eckhart Tolle

- When you realise nothing is lacking, the whole world belongs to you.

Lao Tzu

- Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.

Sylvia Boorstein

- Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside.

Ramana Maharshi



# Motivation

- It's right to be contented with what we have, never with what we are

James Mackintosh

- Three grand essentials to happiness in this life are something to do, something to love, and something to hope for.

Joseph Addison

- Be great in act, as you have been in thought.

William Shakespeare

- Defeat should never be a source of discouragement, but rather a fresh stimulus

Robert South

- Life is a grindstone. Whether it grinds us down or polishes us up, depends on us

L. Thomas Holdcroft

“

the vision must be followed by the venture. Is is not  
enough to stare up the steps – we must step up the stairs

”

**Vance Havner**

- Motivation is knowing you are learning, growing, and succeeding toward your desired outcome while sustaining positive momentum.

Jaren L. Davis

- When we serve we experience, when we experience we teach, when we teach we learn, when we learn our lives are permanently changed, and as our lives are changed we are enriched beyond our wildest dreams

Jaren L. Davis

- Nothing is a waste of time if you use the experience wisely.

Auguste Rodin

- A good cause can become bad if we fight for it with means that are indiscriminately murderous. A bad cause can become good if enough people fight for it in a spirit of comradeship and self-sacrifice. In the end it is how you fight, as much as why you fight, that makes your cause good or bad.

Freeman Dyson

- Our greatest glory is not in never failing, but in rising up every time we fail.

Ralph Waldo Emerson

- Scientists study the world how it is now, but engineers take a paint brush and create a world that has never been before

Asher Brandley

- If a man does his best, what else is there?

George S. Patton

- If I only had three words of advice, they would be, tell the truth. If I got three more words, I'd add, all the time

Randy Pausch

- If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.

Nelson Mandela

- As your faith is strengthened, you will find that there is no longer the need to have a sense of control, that things will flow as they will, and that you will flow with them, to your great delight and benefit.

Emmanuel Teney

- In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.

Theodore Roosevelt

- The creative person is willing to live with ambiguity. He doesn't need problems solved immediately and can afford to wait for the right ideas.

Abe Tannenbaum

- We should cultivate the ability to say no to activities for which we have no time, no talent, and which we have no interest or real concern. If we learn to say no to many things, then we will be able to say yes to the things that matter most

Roy Blauss

- The problem, often not discovered until late in life, is that when you look for things in life like love, meaning, motivation, it implies they are sitting behind a tree or under a rock. The most successful people in life recognize, that in life they create their own love, they manufacture their own meaning, they generate their own motivation. For me, I am driven by two main philosophies, know more today about the world than I knew yesterday. And lessen the suffering of others. You'd be surprised how far that gets you.

Neil deGrasse Tyson

- We are not what we are, nor do we treat or esteem each other for such, but for what we are capable of being.

Henry David Thoreau

- Motivation is when your dreams put on work clothes

Benjamin Franklin

- What I admire in Columbus is not his having discovered a world, but his having gone to search for it on the faith of his own opinion.

Turgot

- The freedom to be your best means nothing unless you are willing to do your best

Colin Powell

- Despair shows us the limit of our imagination. Imaginations shared create collaboration, and collaboration creates community, and community inspires social change

Terry Tempest Williams

- Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope...and crossing each other from a million different centers of energy and daring those ripples build a current that can sweep down the mightiest walls of oppression and resistance

Robert F. Kennedy

- When you do nothing, you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better.

Anonymous

- People without firmness of character love to make up a fate for themselves; that relieves them of the necessity of having their own will and of taking responsibility for themselves

Ivan Turgener

- Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it or work around it.

Michael Jordan

- We must have a pure, honest, and warm-hearted motivation, and on top of that, determination, optimism, hope, and the ability not to be discouraged. The whole of humanity depends on this motivation

The 14<sup>th</sup> Dalai Lama

- Only those who attempt the absurd can achieve the impossible

Albert Einstein

- If we keep doing what we're doing, we're going to keep getting what we're getting

Stephen R. Covey

- Success or failure depends more upon attitude than upon capacity...successful men act as though they have accomplished or are enjoying something. Soon it becomes reality. Act, look, feel successful, conduct



yourself accordingly, and you will be amazed at the positive results

DuPree Jordan, Jr.

- If a man does not know what port he is steering for, no wind is favourable to him.

Seneca

- Good, better, best. Never let it rest. Until your good is better and your better is best.

Tim Duncan

- Your present circumstances don't determine where you can go; they merely determine where you start.

Nido Qubein

- The first step to getting the things you want out of life is this: decide what you want.

Ben Stein

- Thoughts are but dreams till their effects be tried

William Shakespeare

- Things may come to those who wait, but only the things left by those who hustle

Abraham Lincoln

- Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do that. Because what the world needs is people who have come alive

Howard Thurman

- Poetry is not only dream and vision; it is the skeleton architecture of our lives. It lays the foundations for a future of change, a bridge across our fears of what has never been before

Andre Lorde

- A man knows he has found his vocation when he stops thinking about how to live, and begins to live.

Thomas Merton

- If you think you're too small to have an impact, try going to bed with a mosquito in the room

Anita Roddick

- Morale is a state of mind. It is steadfastness and courage and hope. It is confidence and zeal and loyalty. It is élan, *esprit de corps*, and determination.

George C. Marshall

- When you're trying to motivate yourself, appreciate the fact that you're even thinking about making a change. And as you move forward, allow yourself to be good enough.

Alice Domar, PhD

- You have a clean slate every day you wake up. You have a chance every single morning to make that change and be the person you want to be. You just have to decide to do it. Decide today's the day. Say it; this is going to be my day.

Brendon Burchard

- The important work of moving the world forward does not wait to be done by perfect men

George Eliot [Mary Ann Evans]

## Opportunity

- Every exit is an entry somewhere else. Remember that Columbus was looking for India when he found America

Sir Tom Stoppard

- May the spirit of the season be with you today and throughout the new year!

Edith Lovejoy Pierce

- Not knowing when the dawn will come, I open every door.

Emily Dickinson

- If opportunity doesn't knock build a door

Milton Berle

- Our lives are defined by opportunities, even the ones we miss

F. Scott Fitzgerald

“

when one man, for whatever reason, has the opportunity to  
lead an extraordinary life, he has no right to keep it to  
himself.

”

**Jacques Cousteau**

- Learn everything you can, anytime you can, from anyone you can – there will always come a time when you will be grateful you did.

Sarah Caldwell

- When you come to a fork in the road, take it

Lawrence Peter “Yogi” Berra

- Who, being loved, is poor?

Oscar Wilde

- When nothing is sure, everything is possible

Margaret Drabble

- With every experience, you alone are painting your own canvas, thought by thought, choice by choice

Oprah Winfrey

- Some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity...

Gilda Radner

- All endings are beginnings, we just don't know it at the time

Mitch Albom

- People will try to tell you that all of the great opportunities have been snapped up. In reality, the world changes every second, blowing new opportunities in all directions, including yours.

Ken Hakuta

- Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Laozi

- The value of compassion cannot be over-emphasized. Anyone can criticize. It takes a true believer to be compassionate. No greater burden can be borne by an individual than to know no one cares or understands.

Arthur H. Stainback

- We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.

Edith Lovejoy Pierce

- Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born

Anaïs Nin

- No steam or gas drives anything until it is confined.  
No life ever grows great until it is focused, dedicated,  
disciplined.

Henry Emerson Fosdick

- I remind myself every morning: nothing I say this day  
will teach me anything. So if I'm going to learn, I  
must do it by listening.

Larry King

- Great opportunities to help others seldom come, but  
small ones come daily

Ivy Baker Priest

- They who know how to employ opportunities will  
often find that they can create them; and what we can  
achieve depends less on the amount of time we  
possess than on the use we make of our time

John S. Mill

- Opportunity is missed by most people because it is  
dressed in overalls and looks like work.

Thomas Edison



- The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them.

George Bernard Shaw

- New beginnings are often disguised as painful endings

Lao Tzu

- A wise man will make more opportunities than he finds.

Sir Francis Bacon

- When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us.

Alexander Graham Bell

# Optimism

- Keep your face always toward the sunshine – and shadows will be behind you

Walt Whitman

- Life is unnecessarily long. Moments of insight, of fine personal relation, a smile, a glance – what ample borrowers of eternity they are!

Ralph Waldo Emerson

- Worry often gives a small thing a big shadow

Swedish Proverb

- Perpetual optimism is a force multiplier

Colin Powell

- The robbed that smiles steals something from the thief

William Shakespeare

- Thanks for showing me that even on the darkest, rainiest days the sun is still there, just behind the clouds, waiting to shine again.

Lisa Harlow

- A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

Sir Winston Churchill

- When it is dark enough, you can see the stars.

Ralph Waldo Emerson

- I am fundamentally an optimist. Whether that comes from nature or nurture, I cannot say. Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward. There were many dark moments when my faith in humanity was sorely tested, but I would not and could not give myself to despair. That way lays defeat and death.

Nelson Mandela

- Set out each day believing in your dreams. Know without a doubt that you were made for amazing things.

Josh Hinds

- ...one of my motivating forces has been to recreate the world I know into a world I wish I could be in. Hence my optimism and happy endings.

Kristin Hunter

- Optimism is the faith that leads to achievement

Helen Keller

- Tomorrow is not a promise, but a chance

Rachel Joy Scott

- Wisdom and penetration are the fruit of experience, not the lessons of retirement and leisure. Great necessities call out great virtues.

Abigail Adams

- No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the horizon of the spirit.

Helen Keller

- No person ever ended his eyesight by looking on the bright side.

Zig Ziglar

- Both optimists and pessimists contribute to our society. The optimist invents the airplane and the pessimist the parachute

G.B. [Gladys Bertha] Stern

“

no winter lasts forever; no spring skips its turn

”

**Hal Borland**

- One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself

Unknown

- A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.

Harry S. Truman

- There is only one way to happiness and that is cease worrying about things which are beyond the power of our will

Epictetus

- If we had no winter, the spring would not be so pleasant; if we did not sometimes taste adversity, prosperity would not be so welcome.

Anne Bradstreet

- Don't let your failures define you – let them teach you.

Barack Obama

- The greatest discovery of all is that a person can change his future by merely changing his attitude.

Oprah Winfrey

- Your success and happiness lies in you. Resolve to keep happy, and your joy, and you shall form an invincible host against difficulties

Helen Keller

- Life's blows cannot break a person whose spirit is warmed at the fire of enthusiasm

Norman Vincent Peale

- If we will be quiet and ready enough, we shall find compensation in every disappointment

Henry David Thoreau

- There's always going to be bad stuff out there. But here's the amazing thing – light trumps darkness every time. You stick a candle into the dark, but you can't stick the dark into the light

Jodi Picoult

- I don't believe in aging. I believe in forever altering one's aspect to the sun. Hence my optimism.

Oscar Wilde

- In the hour of adversity, be not without hope; for crystal rain falls from black clouds

Nizami

- The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.

William James

- The world is round, and the place which may seem like the end may also be the beginning

Ivy Baker Priest

- In spite of everything I still believe that people are really good at heart. I simply can't build up my hopes on a foundation consisting of confusion, misery and death

Anne Frank

- Be thou the rainbow in the storms of life. The evening beam that smiles the clouds away, and tints tomorrow with prophetic ray

George Gordon Byron



- I've never been poor, only broke. Being poor is a frame of mind. Being broke is only a temporary situation.

Mike Todd

- Like success, failure is many thing to many people. With a positive mental attitude, failure is a learning experience, a rung on the ladder, a plateau at which to get your thoughts in order and prepare to try again.

W. Clement Stone

“

happiness can be found in even the darkest of times, if only one remembers to turn on the light.

”

**J.K. Rowling**

“

those who wish to sing, always find a song

”

**Swedish proverb**

- It's kind of fun to do the impossible

Walt Disney

- My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic.

Jack Layton

- Your attitude is your altitude. It determines how high you fly.

Anonymous

- I can get sad, I can get frustrated, I can get scared, but I never get depressed – because there's joy in my life

Michael J. Fox

- We have enough people who tell it like it is – now we could use a few who tell it like it can be

Robert Orben

- And you ask “what if I fall?” Oh but my darling, what if you fly?

Erin Hanson

- If the world seems cold to you, kindle fires to warm it

Lucy Larcom

- Wherever you go, no matter what the weather, always  
bring your own sunshine

Anthony J. D'Angelo

- Faith is taking the first step, even when you don't see  
the whole staircase

Martin Luther King, Jr.

- Optimism is the foundation of courage

Nicholas Murray Butler

- They can because they think they can.

Virgil

- Compassion is the desire that moves the individual  
self to widen the scope of its self-concern to embrace  
the whole of the universal self

Arnold Toynbee

- Positive anything is better than negative nothing

Elbert Hubbard

- Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight.

Benjamin Franklin

- Reach high, for the stars lie hidden in your soul. Dream deep, for every dream precedes the goal.

Pamela Vaull Star

- The average pencil is seven inches long, with just a half-inch eraser – in case you thought optimism was dead

Robert Brault

- There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle

Albert Einstein

- Every morning is a fresh beginning. Every day is the world made new. Today is a new day. Today is my world made new. I have lived all my life up to this moment, to come to this day. This moment..this

day...is as good as any moment in all eternity. I shall make of this day...each moment of this day...a heaven on earth. This is my day of opportunity

Dan Custer

- Maybe the Fountain of Youth isn't a fountain at all. Maybe it's a way of looking at things. A way of thinking

Charles Whitley

- Promise yourself to be so strong that nothing can disturb your peace of mind. Look at the sunny side of everything and make your optimism come true. Think only of the best, work only for the best, and expect only the best. Forget the mistakes of the past and press on to the greater achievements of the future. Give so much time to the improvement of yourself that you have no time to criticize others. Live in the faith that the whole world is on your side so long as you are true to the best that is in you!

Christian D. Larson

- It is the formidable character of the species to routinely seek the improbable, the difficult, even the impossible, as a source of pleasure and self-justification. Who would try to write poems, or novels, or paint pictures unless he is an optimist

Lionel Tiger

- Nothing is impossible, the word itself says, ‘I’m possible!’

Audrey Hepburn

- Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities – always see them, for they’re always there.

Norman Vincent Peale

- I ain’t never been poor – just broke. Being poor is a state of mind; whereas being broke is just a temporary situation.

Mike Todd

- If we hadn't had such a magnificent optimism to carry us through all these things, we wouldn't be here. We have survived it on our optimism.

Edward Steichen

- Be careful what you water your dreams with. Water them with worry and fear and you will produce weeds that choke the life from your dream. Water them with optimism and solutions and you will cultivate success

Lao Tzu

- The essence of optimism is that it takes no account of the present, but it is a source of inspiration, of vitality and hope where others have resigned; it enables a man to hold his head high, to claim the future for himself and not to abandon it to his enemy.

Dietrich Bonhoeffer

- An optimist is a man who starts a crossword puzzle with a fountain pen

Unknown

- If men could combine thus earnestly and patiently, and harmoniously to some really worthy end, what might they not accomplish?

Henry David Thoreau

- I'd rather be a could-be if I cannot be an are; because a could-be is a maybe who is reaching for a star. I'd rather be a has-been than a might-have-been, by far; for a might have-been has never been, but a has was once an are.

Milton Berle

- The thing always happens that you really believe in; and the belief in a thing makes it happen

Frank Lloyd Wright

- There are those who look at things the way they are, and ask why... I dream of things that never were, and ask why not?

Robert. F. Kennedy

- How far that little candle throws its beams! So shines a good deed in a naughty world



William Shakespeare

- Turn your face to the sun and the shadows fall behind you

Maori Proverb

- I always prefer to believe the best of everybody – it saves so much trouble.

Rudyard Kipling

- I didn't lose the gold. I won the silver

Michelle Kwan

- Once you replace negative thought with positive ones, you'll start having positive results.

Willie Nelson

- Both optimists and pessimists contribute to our society. The optimist invents the airplane and the pessimist the parachute.

G.B. [Gladys Bertha] Stern

## Overcoming

- Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have – life itself.

Walter Anderson

- You've failed many times, although you may not remember. You fell down the first time you tried to walk. You almost drowned the first time you tried to swim, didn't you? Did you hit the ball the first time you swung a bat? Babe Ruth struck out 1,330 times, but he also hit 714 home runs. Don't worry about failure. Worry about the chances you miss when you don't try.

United Technologies

- Willpower is the key to success. Successful people strive no matter what they feel by applying their will to overcome apathy, doubt or fear.

Dan Millman

- What the caterpillar calls the end of the world, the master calls a butterfly.

Richard David Bach

- My heroes are the ones who survived doing it wrong, who made mistakes, but recovered from them

Bono

- Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward

C.S. Lewis

“

when you get in a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn..

”

**Harriet Beecher Stowe**

- Real difficulties can be overcome; it is only the imaginary ones that are unconquerable.

Theodore Vail

- Water continually dropping will wear hard rocks hollow.

Plutarch

- Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourselves a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles. Remember, no effort that we make to attain something beautiful is ever lost.

Helen Keller

- When things go wrong don't do with them

Elvis Presley

- Success is how high you bounce when you hit bottom

George S. Patton

- Although the world is full of suffering, it's full also of the overcoming it

Helen Keller

- The greatest power is often simple patience

E. Joseph Cossman

“

the most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen

”

**Elizabeth Kübler-Ross**

- I've been motivated by overcoming challenge and overcoming the hurdles and obstacles that face me. There still is plenty out there to get motivated by

Andre Agassi

- In times of great stress or adversity, it's always best to keep busy, to plow your anger and your energy into something positive

Lee Iacocca

- When we face the worst that can happen in any situation, we grow. When circumstances are at their worst, we can find our best

Elizabeth Kübler-Ross

- I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot...and I missed. I have failed over and over and over again in my life. And that's precisely why I succeed.

Michael Jordan

- Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom, and no one in this world would ever move forward to become the person they're meant to be

B.K.S. Iyengar

“

I have heard there are troubles of more than one kind.  
Some come from ahead and some come from behind. But  
I've bought a big bat. I'm all ready you see. Now my  
troubles are going to have troubles with me!

”

**Theodore Seuss Geisel**

- Don't let your struggle become your identity

Ralston Bowles

- It isn't the mountains ahead to climb that wear you out; it's the pebble in your shoe

Muhammad Ali

- Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing

August Wilson

- When we do face the difficult times, we need to remember that circumstances don't make a person, they reveal a person.

Emma Jameson

- No soul that aspires can ever fail to rise; no heart that loves can ever be abandoned. Difficulties exist only that in overcoming them we may grow strong, and they who have suffered are able to save.

Annie Besant

- Rock bottom became the solid foundation on which I rebuilt my life.

J.K. Rowling

- and one has to understand that braveness is not the absence of fear, but rather the strength to keep on going forward despite the fear.

Paulo Coelho

- Trials, temptations, disappointments – all these are helps instead of hindrances, if one uses them rightly. They not only test the fiber of character but strengthen



it... Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before

James Buckham

- Hardships often prepare ordinary people for an extraordinary destiny.

C.S. Lewis

“

people are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them

”

**George Bernard Shaw**

- Today is a new day. You will get out of it just what you put into it... If you have made mistakes, even

serious mistakes, there is always another chance for you. And supposing you have tried and failed again and again, you may have a fresh start any moment you choose, for this thing that we call failure is not the falling down, but the staying down

Mary Pickford

- It's not the load that breaks you down, it's the way you carry it

Lena Horne

- You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do

Eleanor Roosevelt

- Our attitudes towards what has happened to us in life is the important thing to recognize. Once hopeless, my life is now hope-full, but it did not happen overnight. The last of human freedoms, to choose one's attitude in any given set of circumstances, is to choose one's own way.

Viktor Frankl

- The greatest and most important problems in life are all in a certain sense insoluble. They can never be solved, but only outgrown

Carl Gustav Jung

## Passion

- I began to realize how important it was to be an enthusiast in life. He taught me that if you are interested in something, no matter what it is, go at it at full speed ahead. Embrace it with both arms, hug it, love it and above all become passionate about it. Lukewarm is no good either. White hot and passionate is the only thing to be

Roald Dahl

- Class never runs scared. It is sure-footed and confident, and it can handle whatever comes along. Class has a sense of humor. It knows that a good laugh is the best lubricant for oiling the machinery of human relations. Class never makes excuses. It takes its lumps and learns from mistakes... Class is comfortable in its own skin. It never puts on airs. Class never tries to build itself up by tearing others down. If you have class, you've got it made.

Abigail Van Buren [Pauline Phillips]

- I have no special talent. I am only passionately curious

Albert Einstein

- It is the soul's duty to be loyal to its own desires. It must abandon itself to its master passion

Dame Rebecca West

- Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong

Ella Jane Fitzgerald

- Those who live passionately teach us how to love. Those who love passionately teach us how to live

Sarah Ban Breathnach

- Are you bored with life? Then throw yourself into some work you believe in with all your heart, live for it, die for it, and you will find happiness that you had thought could never be yours

Audrey Hepburn

- The happiness of a man in this life does not consist in the absence, but in the mastery of his passions

Alfred Lord Tennyson

- Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose

Helen Keller

- The only people for me are the mad ones, the ones who are mad to live, mad to talk, mad to be saved, desirous of everything at the same time, the ones who never yawn or say a commonplace thing, but burn, burn, burn, like fabulous yellow roman candles exploding like spiders across the stars...

Jack Kerouac

- The only way to be truly satisfied is to do what you believe is great work, and the only way to do great work is to love what you do. If you haven't found it yet, keep looking, and don't settle. As with all matters of the heart, you'll know when you find it. And like

any great relationship, it just gets better and better as the years roll on. So keep looking, don't settle.

Steve Jobs

- No one's head aches when he is comforting another.

Indian Proverb

- You have to decide what your highest priorities are and have the courage – pleasantly, smilingly, nonapologetically, to say “no” to other things. And the way you do that is by having a bigger “yes” burning inside.

Stephen R. Covey

- The heart of human excellence often begins to beat when you discover a pursuit that absorbs you, frees you, challenges you, or gives you a sense of meaning, joy, or passion

Terry Orlick

- Light yourself on fire with passion and people will come from miles to watch you burn

John Wesley

- Promise me you will not spend so much time treading water and trying to keep your head above the waves, that you forget, truly forget...how much you have always loved to swim

Tyler Knott Gregson



## Patience

- Patience is power. Patience is not an absence of action; rather it is “timing” it waits on the right time to act, for the right principles and in the right way.

Fulton J. Sheen

- With time and patience the mulberry leaf becomes a silk gown.

Chinese Proverb

- There is no never...just long periods of not yet.

Solenn Heussaff

- He is happy whose circumstances suit his temper; but he is more excellent who can suit his temper to any circumstances

David Hume

- Have patience with all things, but, first of all with yourself

Saint Francis de Sales

- Have courage for the great sorrows of life and patience for the small ones; and when you have laboriously accomplished your daily task, go to sleep in peace. God is awake

Victor Hugo

- Patience will achieve more than force

Edmund Burke

- Patience is a necessary ingredient of genius

Benjamin Disraeli

- A handful of patience is worth a bushel of brains

Dutch Proverb

- He who knows patience knows peace

Chinese proverb

- I beg you to have patience with everything unresolved in your heart and try to love the questions themselves... Don't search for the answers, which could not be given to you now...the point is, to live everything. Live the questions now.

Rainer Maria Rilke

- Patience is the companion of wisdom

Saint Augustine

- The strongest of all warriors are these two – Time and Patience

Leo Tolstoy

- Rivers know this; there is no hurry. We shall get there

A.A. Milne

“

our real blessings often appear to us in the shape of pains,  
losses and disappointments; but let us have patience and  
we soon shall see them in their proper figures

”

**Joseph Addison**

- Patience: to wait with certainty: the art of allowing life to carry you

Chinese proverb

- With love and patience, nothing is impossible

Dr. Daisaku Ikeda

- Genius is nothing but a great capacity for patience

Georges-Louis Leclerc Buffon

- Face your deficiencies and acknowledge them; but do not let them master you. Let them teach you patience, sweetness, insight... When we do the best we can, we never know what miracle is wrought in our life, or in the life of another

Helen Keller

- The practice of patience toward one another, the overlooking of one another's defects, and the bearing of one another's burdens is the most elementary condition of all human and social activity in the family, in the professions, and in society.

Lawrence G. Lowasik

- A moment of patience in a moment of anger can help us avoid a thousand moments of sorrow

Imam Ali (A.S.)

- It takes patience to appreciate domestic bliss; volatile spirits prefer unhappiness

George Santayana

- Learning to let go should be learned before learning to get. Life should be touched, not strangled. You've got to relax, let it happen at times, and at others move forward with it

Ray Bradbury

- Let nothing disturb thee; let nothing dismay thee; all thing pass; God never changes. Patience attains all that it strives for. He who has God finds he lacks nothing; God alone suffices.

St. Teresa of Avila

- A habit cannot be tossed out the window; it must be coaxed down the stairs a step at a time

Mark Twain

- When you have a sense of your own identity and a vision of where you want to go in your life, you then have the basis for reaching out to the world and going after your dreams for a better life

Stedman Graham

- Still round the corner there may wait, a new road or a secret gate

J.R.R. Tolkien

“

patience and time do more than strength or passion

”

**Jean de La Fontaine**

- Time always seems long to the child who is waiting – for Christmas, for next summer, for becoming a

grownup: long also when he surrenders his whole soul  
to each moment of a happy day

Dag Hammarskjöld

- Patience is a kind of love. A love that is its own explanation in bewildered circumstance. It is an old, old woman placing a wrinkled-parchment hand against the cheek of a reckless child. Because her heart is too wise to make room for reproach. Too full to find place for offense.

Pavithra Mehta

- He that has patience may compass anything

François Duc De La Rochefoucauld

- Trees that are slow to grow bear the best fruit

Mollere

- Lack of patience in small matters can create havoc in great ones

Chinese proverb

- How poor are they that have not patience! What wound did ever heal but by degrees?

William Shakespeare

- Knowing trees, I understand the meaning of patience.  
Knowing grass, I can appreciate persistence

Hal Borland

- Patience and tenacity of purpose are worth more than twice their weight of cleverness

Thomas Henry Huxley

- ‘Stay’ is a charming word in a friend’s vocabulary

Louisa May Alcott

- Adopt the pace of nature: her secret is patience

Ralph Waldo Emerson

- Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them – every day begin the task anew.



Saint Francis de Sales

- Great difficulties may be surmounted by patience and perseverance

Abigail Adams

- Patience is a remedy for every sorrow

Publius Syrus

- Don't worry about losing. If it is right, it happens – the main thing is not to hurry. Nothing good gets away

John Steinbeck

## Peace

- We plant seeds that will flower as results in our lives, so best to remove the weeds of anger, avarice, envy and doubt, that peace and abundance may manifest for all

Dorothy Day

- Choose love and peace will follow. Choose peace and love will follow

Mary Helen Doyle

- To all those who walk the path of human cooperation war must appear loathsome and inhuman

Alfred Adler

- Until he extends his circle of compassion to include all living things, man will not himself find peace

Albert Schweitzer

- Happiness is like a butterfly which, when pursued, is always beyond our grasp, but, if you sit down quietly, may alight upon you

Nathaniel Hawthorne

- It is never too late to give up our prejudices

Henry David Thoreau

- The peace I am thinking of is the dance of an open mind when it engages another equally open one

Toni Morrison

- Peace cannot be kept by force; it can only be achieved by understanding

Albert Einstein

- The simple path: silence is prayer, prayer is faith, faith is love, love is service, the fruit of service is peace

Mother Teresa

- World peace, like community peace, does not require that each man love his neighbour – it only requires that they live together with mutual tolerance, submitting their disputes to a just and peaceful settlement

John F. Kennedy

- Learn to relax. Your body is precious, as it houses your mind and spirit. Inner peace begins with a relaxed body

Norman Vincent Peale

- When I say it's you I like, I'm talking about that part of you that knows that life is far more than anything you can ever see or hear or touch. That deep part of you that allows you to stand for those things without which humankind cannot survive. Love that conquers hate, peace that rises triumphant over war, and justice that proves more powerful than greed

Fred Rogers

- Peace does not mean to be in a place where there is no noise, trouble, or hard work. Peace means to be in the midst of all those things and still be calm in your heart

Unknown

- Non-cooperation with evil is as much a duty as is cooperation with good

Mohandas Karamchand Gandhi

- Ultimately, we have just one moral duty: to reclaim large areas of peace, and to reflect it towards others. And the more peace there is in us, the more peace there will be in our troubled world.

Etty Hillesum

- In the end the aggressors always destroy themselves, making way for others who know how to cooperate and get along. Life is much less a competitive struggle for survival than a triumph of cooperation and creativity.

Fritjof Capra

- Pleasure is Nature's test, her sign of approval. When man is happy, he is in harmony with himself and his environment

Oscar Wilde

- Peace comes from within. Do not seek it without

Buddha

- Sadness gives depth. Happiness gives height. Sadness gives roots. Happiness gives branches. Happiness is like a tree going into the sky and sadness is like the roots going down into the womb of the earth. Both are needed and the higher a tree goes the deeper it goes simultaneously. The bigger the tree, the bigger will be its roots. In fact, it is always in proportion. That is balance

Osho

- Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart

Unknown

- Peace is the result of retraining your mind to process life as it is, rather than as you think it should be

Dr. Wayne Dyer

- We should therefore claim, in the name of tolerance, the right not to tolerate the intolerant

Karl Popper

- We look forward to the time when the power to love will replace the love of power. Then will our world know the blessing of peace

William Gladstone

- Everything we do is infused with energy with which we do it. If we're frantic, life will be frantic. If we're peaceful, life will be peaceful. And so our goal in any situation becomes inner peace

Marianne Williamson

- When we have peace in our hearts and minds, we draw peace into our lives

Iyanla Vanzant

- The deepest...dream is not the hunger for money or fame; it is the dream of settling down, in peace and freedom and cooperation

Scott Russell Sanders

- Sometimes the most important thing in a whole day is the rest we take between two deep breaths

Etty Hillesum

- Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures

John F. Kennedy

- When the power of love overcomes the love of power the world will know peace

Jimi Hendrix

- Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances

Mohandas Karamchand Gandhi

- It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace

Agnes M. Pharo

- Peace is always beautiful

Walt Whitman



- Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world

Archbishop Desmond Tutu

- Peace, like charity, begins at home

Franklin D. Roosevelt

- I want to live long enough see the day the people in this world put aside their differences and work hand in hand to achieve that state of acceptance of themselves and their surroundings, also known as PEACE

Nadia Kelifa

- Imagine what a harmonious world it could be if every single person, both young and old, shared a little of what he is good at doing

Quincy Jones

- One of the sanest, surest, and most generous joys of life comes from being happy over the good fortune of others

Archibald Rutledge

- ...religious experience as we have studied it, cannot be cited as unequivocally supporting the infinitist belief. The only thing that it unequivocally testifies to is that we can experience union with something larger than ourselves and in that union our greatest peace.

William James

## Perseverance

- Most obstacles melt away when we make up our minds to walk boldly through them

Orison Swett Marden

- When you come to the end of your rope, tie a knot and hang on

Franklin D. Roosevelt

- Victory belongs to the most persevering

Napoleon Bonaparte

- Nature, by example, shows us anything worthwhile comes over time. Anything worthwhile grows methodically, building on a strong foundation. Develop a willingness to carry on despite roadblocks

Jaren L. Davis

- Perseverance is more prevailing than violence; and many things which cannot be overcome when they are

together, yield themselves up when taken little by little

Plutarch

- Determination and perseverance move the world; thinking that others will do it for you is a sure way to fail

Marva Collins

- There are two big forces at work, external and internal. We have very little control over external forces such as tornadoes, earthquakes, floods, disasters, illness and pain. What really matters is the internal force. How do I respond to those disasters? Over that I have complete control

Dr. Leo Buscaglia

- You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.

Maya Angelou

- Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty... I have never in my life envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well

Theodore Roosevelt

- It's highly virtuous to say we'll be good, but we can't do it all at once, and it takes a long pull, a strong pull, and a pull together before some of us even get our feet set in the right way

Louisa May Alcott

- Failure after long perseverance is much grander than never to have a striving good enough to be called a failure

George Eliot [Mary Ann Evans]

- It takes both rain and sunshine to make a rainbow

Proverb

- Look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack

showing in it. Yet at the hundred-and-first blow it will split in two, and I know it was not the last blow that did it, but all that had gone before

Jacob A. Riis

- People are like bicycles. They can keep their balance only as long as they keep moving

Albert Einstein

- The way I see it, if you want the rainbow, you gotta put up with the rain

Dolly Parton

- Your purpose may not always be obvious, but always remember that you do have a purpose

Rodney Williams

- The best way out is always through

Robert frost

- Sometimes, carrying on, just carrying on, is the superhuman achievement

Albert Camus

- It is the nature of the strong heart, that like the palm tree it strives ever upwards when it is most burdened

Sir Phillip Sidney

- In the confrontation between the stream and the rock, the stream always wins - not through strength but by perseverance

H. Jackson Brown, Jr.

“

perseverance is not a long race; it is many short races one  
after another

”

**Walter Elliot**

- The most important key to achieving great success is to decide upon your goal and launch, get started, take action, move

Brian Tracy

- Age wrinkles the body. Quitting wrinkles the soul

Douglas MacArthur

- No one is more cherished in this world than someone who lightens the burden of another

Unknown

- There will come a time when you believe everything is finished. That will be the beginning

Louis L'amour

- Do not be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better. What if they are little coarse, and you may get your coat soiled or torn? What if you do fail, and get fairly rolled in the dirt once or twice. Up again, you shall never be so afraid of a tumble

Ralph Waldo Emerson

- You just can't beat the person who never gives up

Babe Ruth



- If your dream requires patience, give it.

M. Russell Ballard

“

a winner is just a loser who tried one more time

”

**George M. Moore, Jr.**

- Compassion is the ultimate and most meaningful embodiment of emotional maturity. It is through compassion that a person achieves the highest peak and deepest reach in his or her search for self-fulfillment

Arthur Jersild

- Some men give up their designs when they have almost reached the goal; while others, on the contrary, obtain victory by exerting, at the last moment, more vigorous efforts than before

Polybius

- Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish

John Quincy Adams

- Success flourishes only in perseverance - ceaseless, restless perseverance

Baron Manfred von Richthofen

- I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can only rest for a moment, for with freedom come responsibilities, and I dare not linger, for my long walk is not ended

Nelson Mandela

- Perseverance is a great element of success. If you knock long enough and loud enough at the gate, you are sure to wake up somebody

Henry Wadsworth Longfellow

- When your values are clear to you, making decisions becomes easier

Roy Disney

- Adversity has the effect of eliciting talents, which in prosperous circumstances would have lain dormant

Horace

- If your determination is fixed, I do not counsel you to despair. Few things are impossible to diligence and skill. Great works are performed not by strength, but perseverance

Dr. Samuel Johnson

- Our lives begin to end the day we become silent about things that matter

Martin Luther King, Jr.

- It always seems impossible until it's done

Nelson Mandela

- I cannot look back with regrets, but I can look forward optimistically

Cornelius Kilgore

- There is not enough darkness in the world to extinguish a single candle flame

Saint Francis of Assisi

- It's not that I'm so smart, it's just that I stay with problems longer

Albert Einstein

- Failure is no more a permanent condition than success! For even if you succeed, there's still another test

Gene Bedley

- Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use

Earl Nightingale

- Perseverance, secret of all triumphs

Victor Hugo

- I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature

John D. Rockefeller, Sr.

- I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles

Christopher Reeve

- When obstacles arise, you change your direction to reach your goal, you do not change your decision to get there

Zig Ziglar

- I love the man that can smile in trouble, that can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but he whose heart is firm, and whose conscience

approves his conduct, will pursue his principles unto death.

Thomas Paine

- It's easier to do down a hill than up it, but the view is much better at the top

Henry Ward Beecher

- With ordinary talents and extraordinary perseverance, all things are attainable

Sir Thomas Buxton

- It's not how many times you get knocked down that count, it's how many you get back up

George A. Custer

- The world breaks everyone and afterward many are stronger in the broken places

Ernest Hemingway

- The only person who can really motivate you is you

Shaquille "Shaq" O'Neal

- Through perseverance many people win success out of what seemed destined to be certain failure

Benjamin Disraeli

- I am happy for who I am, and what I have come to be. I look forward to whatever else that may come with positivity

Cornelius Kilgore

- The lotus is the most beautiful flower, whose petals open one by one. But it will only grow in the mud. In order to grow and gain wisdom, first you must have the mud – the obstacles of life and its suffering. ... The mud speaks of the common ground that humans share, no matter what our stations in life. ... Whatever we have it all or we have nothing, we are all faced with the same obstacles: sadness, loss, illness, dying and death. If we are to strive as human beings to gain more wisdom, more kindness and more compassion, we must have the intention to grow as a lotus and open each petal one by one

Goldie Hawn

- Kites rise highest against the wind, not with it

Sir Winston Churchill

- An invasion of armies can be resisted, but not an idea whose time has come

Victor Hugo

- Let me not pray to be sheltered from dangers, but to be fearless in facing them. Let me not beg for the stilling of my pain, but for the heart to conquer it

Radindranath Tagore

- Whatever necessity lays upon thee, endure; whatever she commands, do.

Johann Wolfgang von Goethe

- In three words I can sum up everything I've learned about life: it goes on

Robert Frost



## Persistence

- We haven't failed. We now know a thousand things that won't work, so we're that much closer to finding what will

Thomas Edison

- Never consider the possibility of failure; as long as you persist, you will be successful

Brian Tracy

- Diamonds are nothing more than chunks of coal that stuck to their jobs

Malcolm S. Forbes

- You always pass failure on the way to success

Mickey Rooney

- The difference between try and triumph is a little umph

Anonymous

- Therefore hold to the things which are reliable. Look to simplicity; embrace purity; lessen the self; diminish desire

Laozi

- Never give up, for that is just the place and time that the tide will turn

Harriet Beecher Stove

- When you have exhausted all possibilities, remember this: you haven't

Thomas Edison

- I can't change the direction of the wind, but I can adjust my sails to always reach my destination

Jimmy Dean

- Vitality shows in not only the ability to persist but the ability to start over.

F. Scott Fitzgerald

“

friendship doubles our joy and divides our grief

”

**Swedish Proverb**

- Nothing in the world can take the place of persistence. Talent will not: nothing is more common than unsuccessful men with talent. Genius will not: unrewarded genius is almost a proverb. Education will not: the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan “press on” has solved and will always solve the problems of the human race

Calvin Coolidge

- This I do know beyond any reasonable doubt. Regardless of what you are doing, if you pump long enough, hard enough and enthusiastically enough, sooner or later the effort will bring forth the reward

Zig Ziglar

- To endure is greater than to dare; to tire out the hostile fortune; to be daunted by no difficulty; to keep heart when all have lost it – who can say this is not greatness?

William Makepeace Thackeray

- Success is the sum of small efforts, repeated day in and day out

Robert J. Collier

- For me, winning isn't something that happens suddenly on the field when the whistle blows and the crowds roar. Winning is something that builds physically and mentally every day that you train and every night that you dream

Emmitt Smith

- Success seems to be largely a matter of hanging on after others let go

William Feather

- Persistence can grind an iron beam down into a needle

Chinese Proverb

- A man may fight fiercely to hold his own in business, but he does not need to fight to get ahead of someone in the elevator, or up the car steps, or at the post office window. And no matter how strong competition is, business and personal courtesy make it easier and pleasanter for everybody

William H. Hamby

- Nobody trips over mountains. It is the small pebble that causes you to stumble. Pass all the pebbles in your path and you will find that you have crossed the mountain

Unknown

- To sit patiently with a yearning that has not yet been fulfilled, and to trust that, that fulfilment will come, is quite possibly one of the most powerful “magic skills” that human beings are capable of. It has been noted by almost every ancient wisdom tradition

Elizabeth Gilbert

- I think and think for months and years, ninety-nine times, the conclusion is false. The hundredth time I am right

Albert Einstein

- The man who removes a mountain begins by carrying away small stones

Chinese Proverb

- There are no shortcuts to any place worth going

Beverly Sills

- A river cuts through rock, not because of its power, but because of its persistence

James N. Watkins

- One may go a long way after one is tired

French Proverb

“

And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in

”

**Haruki Murakami**

- Little drops of water wear down big stones

Russian Proverb

- One of the most difficult things everyone has to learn is that for your entire life you must keep fighting and adjusting if you hope to survive. No matter who you are or what your position is you must keep fighting for whatever it is you desire to achieve

George Allen

- At 211 degrees, water is hot. At 212 degrees, it boils.  
And with boiling water, comes steam. And with  
steam, you can power a train

S.L. Parker

“

If I had permitted my failures, or what seemed to me at  
the time a lack of success, to discourage me I cannot see  
any way in which I would ever have made progress

”

**Calvin Coolidge**

- I haven't failed. I've found 10,000 ways that don't  
work

Thomas Edison

- Energy and persistence conquer all things

Benjamin Franklin



- Do not let what you cannot do interfere with what you can do

John R. Wooden

- Success is almost totally dependent upon drive and persistence. The extra energy required to make another effort or try another approach is the secret of winning

Dennis Waitley

- This is the highest wisdom that I own; freedom and life are earned by those alone who conquer them each day anew

Johann Wolfgang von Goethe

- I will prepare and some day my chance will come

Abraham Lincoln

- A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change

Earl Nightingale

- Just when the caterpillar thought the world was over, it became a butterfly

#### Proverb

- Only the curious will learn and only the resolute overcome the obstacles to learning. The quest quotient has always excited me more than the intelligent quotient

#### Eugene S. Wilson

- Your own resolution to success is more important than any other one thing

#### Abraham Lincoln

- Be sure you put your feet in the right place, then stand firm

#### Abraham Lincoln

- It ain't about how hard you can hit. It's about how hard you can get hit, and how much you can take, and keep moving forward.

#### Rocky Balboa

- Do not wait to strike till the iron is hot; but make it hot by striking

William B. Sprague

- Clouds come floating into life, no longer to carry rain or usher storm, but to add color to my sunset sky.

Rabindranath Tagore

## Practice

- It is a mistake to think that the practice of my art has become easy to me. I assure you, dear friend, no one has given so much care to the study of composition as I. There is scarcely a famous master in music whose works I have not frequently and diligently studied

Wolfgang Amadeus Mozart

- Don't practice until you get it right. Practice until you can't get it wrong

Unknown

- I know you've heard it a thousand times before, but it's true...hard work pays off. If you want to be good, you have to practice, practice, practice. If you don't love something, then don't do it.

Ray Bradbury

- We are what we repeatedly do. Excellence, then, is not an act, but a habit.

Aristotle

- Always dream and shoot higher than you know you can do. Do not bother just to be better than your contemporaries or predecessors. Try to be better than yourself

William Faulkner

- As you put into practice the qualities of patience, punctuality, sincerity, and solicitude, you will have a better opinion of the world around you

Grenville Kleiser

- Practice isn't the thing you do once you're good. It's the thing you do that makes you good

Malcolm Gladwell

- To practice five things under all circumstances constitutes perfect virtue; these five are gravity, generosity of soul, sincerity, earnestness, and kindness

Confucius

- Practice is the best of all instructors

Publius Syrus

- Practice puts brains in your muscles

Samuel Snead

- An ounce of practice is generally worth more than a ton of theory

Ernst F. Schumacher

- When you are kind to someone in trouble, you hope they'll remember and be kind to someone else. And it'll become like a wildfire

Whoopi Goldberg

- When there is no enemy within, the enemies outside cannot hurt you

African Proverb

## Preparation

- We cannot always build the future for our youth, but we can build our youth for the future

Franklin D. Roosevelt

- The wind and the waves are always on the side of the ablest navigators

Edward Gibbon

- The time to repair the roof is when the sun is shining

John F. Kennedy

- By failing to prepare, you are preparing to fail

Benjamin Franklin

- Men succeed when they realize that their failures are the preparation for their victories

Ralph Waldo Emerson

- Chance favors the prepared mind

Louis Pasteur

- Man's mind stretched to a new idea never goes back to its original dimensions

Oliver Wendell Holmes, Jr.

- What you love is a sign from your higher self of what you are to do

Sanaya Roman

- Prepare the umbrella before it rains

Malay Proverb

- For one human being to love another: that is perhaps the most difficult of our tasks; the ultimate, the last test and proof, the work for which all other work is but preparation

Rainer Maria Rilke

- It's not the will to win that matters – everyone has that. It's the will to prepare to win that matters.

Paul "Bear" Bryant

- Failing to prepare is like preparing to fail

John R. Wooden



- Give me six hours to chop down a tree, and I will spend the first four sharpening the axe.

Abraham Lincoln

- There are no secrets to success. It is the result of preparation, hard work, and learning from failure

Colin Powell

- The best preparation for tomorrow is to do today's work superbly well

Sir William Osler

- Don't judge each day by the harvest you reap, but by the seeds you plant.

Robert Louis Stevenson

- It is better to be prepared for an opportunity and not have one than to have an opportunity and not be prepared

William M. Young, Jr.

- Every calling is great when greatly pursued

Oliver Wendell Holmes, Jr.

- The best way to predict the future is to create it

Peter F. Drucker

- It takes a noble man to plant a seed for a tree that will  
some day give shade to people he may never meet

D. Elton Trueblood

“

good parents give their children Roots and Wings. Roots  
to know where home is, Wings to fly away and exercise  
what's been taught them

”

**Dr. Jonas Salk**

- Great things are not done by impulse, but by a series  
of small things brought together

Vincent Van Gogh

- To each there comes in their lifetime a special moment when they are figuratively tapped on the shoulder and offered the chance to do a very special thing, unique to them and fitted to their talents. What a tragedy if that moment finds them unprepared or unqualified for that which could have been their finest hour

Sir Winston Churchill

- Luck is what happens when preparation meets opportunity

Seneca

- I believe luck is preparation meeting opportunity. If you hadn't been prepared when the opportunity came along, you wouldn't have been lucky.

Oprah Winfrey

- Don't waste life in doubts and fears; spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours and ages that will follow it

Ralph Waldo Emerson

- What sunshine is to flowers, smiles are to humanity

Joseph Addison

## Purpose

- I may not have gone where I intended to go, but I think I have ended up where I needed to be

Douglas Adams

- It's not so much how busy you are, but why you are busy. The bee is praised. The mosquito is swatted

Mary Flannery O'Connor

- It's not enough to be busy: so are the ants. The question is: what are we busy about?

Henry David Thoreau

- When you know who you are; when your mission is clear and you burn with the inner fire of unbreakable will; no cold can touch your heart; no deluge can dampen your purpose. You know that you are alive

Chief Seattle

- When you take the time to actually listen, with humility, to what people have to say, it's amazing

what you can learn. Especially if the people who are doing the talking also happen to be children

Greg Mortensen

- It is wonderful what great strides can be made when there is a resolute purpose behind them

Sir Winston Churchill

- When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy.' They told me I didn't understand the assignment, and I told them they didn't understand life

John Lennon

- The two most important days in your life are the day you are born and the day you find out why

Mark Twain

- We don't beat the Grim Reaper by living longer, we beat the Reaper by living well and fully, for the Reaper will come for all of us. The question is what

do we do between the time we are born and the time  
he shows up

Randy Pausch

- The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience

Eleanor Roosevelt

- What is success? I think it is a mixture of having a flair for the thing that you are doing; knowing that it is not enough, that you have got to have hard work and a certain sense of purpose.

Margaret Thatcher

- Some people grumble because roses have thorns; I am thankful that the thorns have roses

Jean-Baptiste Alphonse Karr

- The meaning of life is to find your gift. The purpose of life is to give it away

Pablo Picasso

- If you can't figure out your passion. For your passion will lead you right into your purpose

T.D. Jakes

“

I think the purpose of life is to be useful, responsible, honourable, compassionate. It is, above all, to matter: to count, to stand for something, to have made some difference that you lived at all

”

**Leo Rosten**

- That thing that you do, after your day job, in your free time, too early in the morning, too late at night. That thing you read about, in fact fantasize about. That thing you do when you're all alone and there's no one to impress, nothing to prove, no money to be made, simply a passion to pursue. That's it. That's your



thing. That's your heart, your guide. That's the thing  
you must, must do

Jes Allen

- The purpose of life is a life of purpose

Robert Byrne

- He who has a why to live for can bear almost any how

Friedrich Nietzsche

- I am not afraid... I was born to do this

Joan of Arc

- Nothing contributes so much to tranquilize the mind  
as a steady purpose – a point on which the soul may  
fix its intellectual eye.

Mary Shelley

- The best things life are never rationed. Friendship,  
loyalty, love, do not require coupons

George T. Hewitt

- Every piece of the universe, even the tiniest little snow crystal, matters somehow. I have a place in the pattern, and so do you.

T.A. Barron

“

you are only as strong as your purpose, therefore let us  
choose reasons to act that are big, bold, righteous and  
eternal

”

**Barry Munro**

- Do not wait; the time will never be ‘just right’. Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.

Napoleon Hill

- The purpose that you wish to find in life, like a cure you seek, is not going to fall from the sky. ...I believe purpose is something for which one is responsible; it's not just divinely assigned

Michael J. Fox

- You are the generation about to come into control and must prepare for this responsibility. Do not fill up your leisure with meaningless activity or with causes. Have the courage to stand aside and watch for a little while. It is more important to know where we are going than to get there quickly. Do not mistake activity for achievement

Mabel Newcomer

- There is no greater gift you can give or receive than to honor your calling. It's why you were born. And how you become most truly alive

Oprah Winfrey

- The purpose of life is not to be happy. It is to be useful, to be honourable, to be compassionate, to have

it make some difference that you have lived and lived well

Ralph Waldo Emerson

- A man without a purpose is like a ship without a rudder

Thomas Carlyle

- We have all known the long loneliness and we have learned that the only solution is love and that love comes with community

Dorothy Day

- The purpose of life is to live it, to taste experience to the utmost, to reach eagerly and without fear for newer and richer experience

Eleanor Roosevelt

## Reaching out

- It's the most breathtakingly ironic things about living: the fact that we are all...alone. Singular. And yet what we seek – what saves us – is our connection to others

Wally Lamb

- A smile is the universal welcome

Max Eastman

- Friends are helpful not only because they will listen to us, but because they will laugh at us; through them we learn a little objectivity, a little modesty, a little courtesy; we learn the rules of life and become better players of the game.

Will Durant

- How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in life you will have been all of these.

George Washington Carver

- No one is useless in this world who lightens the burdens of another

Charles Dickens

- The words of kindness are more healing to a drooping heart than balm or honey

Sarah Fielding

- Perhaps the most important thing we can undertake toward the reduction of fear is to make it easier for people to accept themselves, to like themselves.

Bonaro W. Overstreet

- We can all be angels to one another. We can choose to obey the still small stirring within, the little whisper that says, 'Go. Ask. Reach out. Be an answer to someone's plea. You have a part to play. Have faith.' We can decide to risk that He is indeed there, watching, caring, cherishing us as we love and accept love. The world will be a better place for it. And wherever they are, the angels will dance

Joan Wester Anderson

- You can't stay in your corner of the forest waiting for others to come to you. You have to go to them sometimes

A.A. Milne

“

we either make ourselves miserable or we make ourselves strong. The amount of work is the same.

”

**Carlos Casteneda**

- The happiest business in all the world is that of making friends, and no investment on the street pays larger dividends, for life is more than stocks and bonds, and love than rate percent, and he who gives in friendship's name shall reap what he has

Anonymous

- I don't want to live in the kind of world where we don't look out for each other. Not just the people that are close to us, but anybody who needs a helping hand. I can't change the way anybody else thinks, or what they choose to do, but I can do my bit

Charles de Lint

- Character is the total of thousands of small daily strivings to live up to the best that is in us.

A.G. Trudeau

“

there is no such thing as a 'self-made' man. We are made up of thousands of others. Everyone who has ever spoken one word of encouragement to us, has entered into the make-up of our character and of our thoughts, as well as

our success.

”

**George Burton Adams**



- Sometimes, reaching out and taking someone's hand is the beginning of a journey. At other times, it is allowing another to take yours

Vera Nazarian

## Respect

- The bond that links your true family is not one of blood, but of respect and joy in each other's life

Richard David Bach

- The world is a great mirror. It reflects back to you what you are. If you are loving, if you are friendly, if you are helpful, the world will prove loving and friendly and helpful to you. The world is what you are

Thomas Dreier

- This is the first test of a gentleman: his respect for those who can be of no possible value to him

William Lyon Phelps

- Love and respect are the most important aspects of parenting, and of all relationships

Jodie Foster

- Tolerance should really be only a temporary attitude; it must lead to recognition

Johann Wolfgang von Goethe

- The soul gives unity to what it looks at with love

Thomas Carlyle

- I disapprove of what you say, but will defend to the death your right to say it

Evelyn Beatrice Hall

- He who wants a rose must respect the thorn

Persian Proverb

- Confrontation should always leave a person's dignity in tact.

Dr. A.J. Anglin

- If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.

Henry David Thoreau

- To be one, to be united is a great thing. But to respect the right to be different is maybe even greater

Bono

- That which we persist in doing becomes easier, not the task itself has become easier, but that our ability to perform it has improved

Ralph Waldo Emerson

- In recognizing the humanity of our fellow human beings, we pay ourselves the highest tribute

Thurgood Marshall

- No person was ever honoured for what he received. Honor has been the reward for what he gave

Calvin Coolidge

- If you want to be respected, you must respect yourself.

Spanish proverb

- The young should be treated with respect

Chinese proverb

- Think for yourselves and let others enjoy the privilege to do so too.

Voltaire

- Look at what you've got and make the best of it. It is better to light a candle than to curse the darkness.

Proverb

- Respect is love in action

Bangambiki Habyarimana

- You must be respectable, if you will be respected.

Lord Chesterfield

- You should respect each other and refrain from disputes; you should not, like water and oil, repel each other, like milk and water, mingle together.

Buddha

- I have spread my dreams under your feet; tread softly because you tread on my dreams

William Butler Yeats

- Human diversity makes tolerance more than a virtue; it makes it a requirement for survival

Rene Dubois

- Let every man be respected as an individual and no man idolized

Albert Einstein

- Respect for right conduct is felt by everybody

Jane Austen

- Respect a man, and he will do all the more

John R. Wooden

- My actual life is a fact, in view of which I have no occasion to congratulate myself; but for my faith and aspiration I have respect. It is from these that I speak

Henry David Thoreau

- Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment

Benjamin Franklin

- A little less hypocrisy and a little more tolerance towards oneself can only have good results in respect

for our neighbour; for we are all too prone to transfer  
to our fellows the injustice and violence we inflict  
upon our natures

Carl Gustav Jung

- Probably for the fragility and importance of an individual life is still the mark of an educated man

Norman Cousins

- There is no beautifier of complexion, or form, or behaviour, like the wish to scatter to joy and not pain around us

Ralph Waldo Emerson

- When you are content to be simply yourself and don't compare or compete, everybody will respect you.

Laozi

- Be curious, not judgmental

Walt Whitman

- Treat the other man's faith gently; it is all he has to believe with

Athenaus

- Treat everyone you meet as though they are the most important person you'll meet today.

Roger Dawson

- I fear no one, but I respect everyone

Roger Federer

- Respect for intellectual excellence, the restoration of vigor and discipline to our ideas of study, curricula which aim at strengthening intellectual fiber and stretching the power of young minds, personal commitment and responsibility – these are the preconditions of educational recovery in America today; and, I believe, they have always been the preconditions of happiness and sanity for the human race

Adlai E. Stevenson

- It is worth the while to live respectably unto ourselves. We can possibly get along with a neighbour, even with a bedfellow, whom we respect



but very little; but as soon as it comes to this, that we do not get along at all...

Henry David Thoreau

- The capacity for getting along with our neighbour depends to a large extent on the capacity for getting along with ourselves. The self-respecting individual will try to be as tolerant of his neighbor's shortcomings as he is of his own

Eric Hoffer

- I have never been hurt by anything I didn't say

Calvin Coolidge

- We don't need to share the same opinions as others, but we need to be respectful

Taylor Swift

# Responsibility

- A man sooner or later discovers that he is the master-gardener of his soul, the director of his life

James Allen

- I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble

Helen Keller

- The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours – it is an amazing journey – and you alone are responsible for the quality of it. This is the day your life really begins

Bob Moawad

- Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else

Les Brown

- The price of greatness is responsibility

Sir Winston Churchill

- Parents can only give good advice or put [their children] on the right path, but the final forming of a person's character lies in their own hands

Anne Frank

- A man who lacks reliability is utterly useless

Confucius

- When we no longer hold people responsible for their choices, civility and common sense will be diminished

Robert A. Levy

- To decide, to be at the level of choice, is to take responsibility for your life and to be in control of your life

Abbie M. Dale

- The final forming of a person's character lies in their own hands.

Anne Frank

- Our children need our presence, not our presents

Martin Luther King, Jr.

- We need to empower people so they can take more responsibility for their own lives in a world that is ever smaller, where everyone counts... We need a new spirit of community, a sense that we are all in this together...

Bill Clinton

- My belief is that personal freedom cannot grow beyond personal responsibility. The more people that learn to be fully accountable for their lives, the more freedom each of us can enjoy and the more fulfilling all of our lives will be

Ross Parmenter

- It is not only for what we do that we are held responsible, but also for what we do not do.

Moliere

- Responsibility finds a way. Irresponsibility makes excuses!

Gene Bedley

- Words have special powers. The power to create smiles or frowns. The power to generate laughs or tears. The power to lift up or put down. The power to motivate or de-motivate. The power to teach good or evil. The power to express love or hate. The power to give or take. The power to heal or harm. Choose your words carefully.

A.D. Williams

“

you must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of.

”

**Jim Rohn**

- What we do today, right now, will have an accumulated effect on all our tomorrows

Alexandra Stoddard

- The greatest ability is dependability

Robert “Bob” Jones

- You can pretend to care, but you can’t pretend to show up

George L. Bell

- Find joy in everything you choose to do. Every job, relationship, home... it’s your responsibility to love it, or change it.

Chuck Palahniuk

- We are not creatures of circumstance; we are creators of circumstance

Benjamin Disraeli

- With great power comes great responsibility

Stanley Martin Lieber

- Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one.

Jane Howard

- Ability is a wonderful thing, but its value is greatly enhanced by dependability. Ability implies repeatability and accountability

Robert A. Heinlein

- One of the annoying things about believing in free will and individual responsibility is the difficulty of finding somebody to blame your problems on. And when you do find somebody, it's remarkable how often his picture turns up on your driver's license

P.J. O'Rourke

“

we are made wise not by the recollection of our past, but  
by the responsibility for our future

”

**George Bernard Shaw**

- Honor isn't about making the right choices. It's about dealing with the consequences

Midori Koto

- We must exchange the philosophy of excuse – what I am is beyond my control – for the philosophy of responsibility

Barbara Charline Jordan



## Right choices

- He who walks with the wise grows wise, but a companion of fools suffers harm

### Proverb

- If the other person injures you, you may forget the injury; but if you injure him you will always remember

### Khalil Gibran

- Kindness is an inner desire that makes us want to do good things even if we do not get anything in return. It is the joy of our life to do them. When we do good things from this inner desire, there is kindness in everything we think, say, want and do

### Emanuel Swedenborg

- When you have established that one alternative is good and the other is evil, there is no justification for the choice of a mixture. There is no justification ever for choosing any part of what you know to be evil

Ayn Rand

- There comes a time in the spiritual journey when you start making choices from a very different place. And if a choice lines up so that it supports truth, health, happiness, wisdom and love, it's the right choice

Angeles Arrien

- In each human heart are a tiger, a pig, an ass and a nightingale. Diversity of character is due to their unequal activity

Ambrose Bierce

- Each day when I awake I know I have one more day to make a difference in someone's life

James Mann

- It is a characteristic of wisdom not to do desperate things.

Henry David Thoreau

- In any moment of decision, the best thing you can do is the right things. The worst thing you can do is nothing

Theodore Roosevelt

- Life is 10% of what happens to me and 90% of how I react to it.

John Maxwell

- Always do right. This will gratify some people and astonish the rest

Mark Twain

- It's the action, not the fruit of the action, that's important. You have to do the right thing. It may not be in your power, may not be in your time, that there will be any fruit. But that doesn't mean you stop doing the right thing. You may never know what results come from your action. But if you do nothing, there will be no result

Mohandas Karamchand Gandhi

- Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future

Deepak K. Chopra

- The world rests on principles

Henry David Thoreau

- There is no problem unless we choose to make it one, so think carefully before you act.

David Marshall

- You must never be fearful about what you are doing when it is right

Rosa Parks

- It's not hard to make decisions when you know what your values are

Roy Disney

- Every thought is a seed. If you plant crab apples, don't count on harvesting Golden Delicious

Bill Meyer

- Doing more things faster is no substitute for doing the right things

Stephen R. Covey

- People should think things out fresh and not just accept conventional terms and the conventional way of doing things

R. Buckminster Fuller

“

it takes less time to do things right than to explain why  
you did it wrong

”

**Henry Wadsworth Longfellow**

- Things that matter most must never be at the mercy of things that matter least

Johann Wolfgang von Goethe

- Physical bravery is an animal instinct; moral bravery is much higher and truer courage

Wendell Phillips

- The truth of the matter is that you always know the right thing to do. The hard part is doing it

H. Norman Schwartzkopf

“

moral cowardice that keeps us from speaking our minds is as dangerous as irresponsible talk. The right way is not always the popular and easy way. Standing for right when it is unpopular is a true test of moral character.

”

**Margaret Chase Smith**

- We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms – to choose one’s attitude in any given set of circumstances to choose one’s way

Viktor Frankl

- Good men prefer to be accountable

Michael Edwards

- I discovered I always have choices and sometimes it's only a choice of attitude

Judith M. Knowlton

- Always do right – this will gratify some and astonish the rest

Mark Twain

- I have a very strong feeling that the opposite of love is not hate – it's apathy

Dr. Leo Buscaglia

- You have only always to do what is right. It will become easier by practice, and you enjoy in the midst of your trials the pleasure of an approving conscience

Robert E. Lee

- Right actions in the future are the best apologies for bad actions in the past

Tyron Edwards

- I think there is choice possible at any moment to us, as long as we live. But there is no sacrifice. There is a choice, and the rest falls away. Second choice does not exist. Beware of those who talk about sacrifice

Muriel Rukeyser

- Let us not be content to wait and see what will happen, but give us the determination to make the right things happen

Peter Marshall

- Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way.

Martin Luther King, Jr.

- You have many choices. You can choose forgiveness over revenge, joy over despair. You can choose action over apathy

Stephanie Marston



- Let me not hurt, by any selfish deed, or thoughtless word, the heart of foe or friend; Nor would I pass, unseeing, worthy need, or sin by silence when I should defend... ‘The world is better that I lived to-day.’

Ella Wheeler Wilcox

- The doors we open and close each day decide the lives we live

Flora Whittemore

- Self-trust is the first secret of success, the belief that if you are here the authorities of the universe put you here,, and for cause, or with some task strictly appointed you in your constitution, and so long as you work at that you are well and successful

Swami Kriyananda [J. Donald Walters]

- We cannot change the cards we are dealt, just how we play the hand

Randy Pausch

- The right thing to do never requires any subterfuge; it is always simple and direct

Calvin Coolidge

- Depend upon yourself. Make your judgement trustworthy by trusting it. You can develop good judgement as you do the muscles of your body – by judicious, daily exercise. To be known as a man of sound judgement will be much in your favour

Grantland Rice

- To see what is right and not to do it is want of courage

Confucius

- Relativity applies to physics, not ethics

Albert Einstein

- I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel

Maya Angelou

- Make the decision, make it with confidence, and the world will be yours

Jaren L. Davis

- If I've got correct goals, and if I keep pursuing them the best way I know how, everything else falls into line. If I do the right thing right, I'm going to succeed

Dan Dierdorf

- Neither fire nor wind, birth nor death can erase our good deeds

Buddha

- The real man smiles in trouble, gathers strength from distress, and grows brave by reflection

Thomas Paine

- Every passing minute is another chance to turn it all around

Cameron Crowe

- Be careful of your actions. You never know when you're creating a memory

Ricki Lee Jones

- See first that the design is wise and just: that ascertained, pursue it resolutely

William Shakespeare

- The most important human endeavour is striving for morality in our actions. Our inner balance and even our very existence depend on it. Only morality in our actions can give beauty and dignity to our lives

Albert Einstein

- When you were born, you cried and the world rejoiced. Live your life in such a manner that when you die, the world cries and you rejoice

Indian Proverb

- Our very lives depend on the ethics of strangers, and most of us are always strangers to other people

Bill Moyers

- Don't count the days. Make the days count.

Muhammad Ali

- The things which are not measurable are more important than those which are measurable

Alexis Carrel

## Rising above

- Things turn out best for the people who make the best of the way things turn out

John R. Wooden

- If you have made mistakes, even serious ones, there is always another chance for you. What we call failure is not the falling down, but the staying down.

Mary Pickford

- A person is not given integrity. It results from the relentless pursuit of honesty at all times

Unknown

- I believe that the rendering of useful service is the common duty of mankind and that only in the purifying fire of sacrifice is the dross of selfishness consumed and the greatness of the human soul set free

John D. Rockefeller, Jr.

- The harder you fall, the higher you bounce

Doug Horton

- To be tested is good. The challenged life may be the best therapist

Gail Sheehy

- Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain

Vivian Greene

- A successful man is one who can lay a firm foundation with the bricks that others throw at him

Sidney Greenberg

- When it rains, most birds head for shelter; the eagle is the only bird that, in order to avoid the rain, starts flying above the cloud

Unknown

- Our greatest glory is not in never falling, but in rising every time we fall

Confucius

- Some people try to turn back their odometers. Not me, I want people to know “why” I look this way. I’ve travelled a long way and some of the roads weren’t paved

Will Rogers

- Success is not just the crowning moment, the spiking of the ball in the end zone or the raising of the flag on the summit. It is the whole process of reaching for a goal and, sometimes, it begins with failure

Erik Weihenmayer

- No snowflake in an avalanche ever feels responsible

Voltaire

- Stand up to your obstacles and do something about them. You will find that they haven’t half the strength you think they have

Norman Vincent Peale

- There is neither happiness nor unhappiness in the world; there is merely the comparison of one state to



the other. Only a man who has felt ultimate despair is capable of feeling ultimate bliss

Alexandre Dumas

- It is by going down into the abyss that we recover the treasures of life. Where you stumble, there lies your treasure

Joseph Campbell

- If a good person does you wrong, act as though you had not noticed it. They will make note of this and not remain in your debt long

Johann Wolfgang von Goethe

- My whole life I've been telling myself, 'don't be afraid'. And it is only now that I'm realizing how stupid that is. Don't be afraid. Like saying, 'don't move out of the way when someone tries to punch you' or 'don't flinch at the heat of fire' or 'don't blink'. Don't be human. I'm afraid and you're afraid and we're all always going to be afraid, because that's the point. What I should be telling myself is 'be afraid, but do it anyway'. Live anyway.

Unknown

- There are two ways of meeting difficulties. You alter the difficulties or you alter yourself to meet them

Phyllis Bottome

- If you don't stand for something, you will fall for anything

Alexander Hamilton

- It is always in the midst, in the epicenter, of your troubles that you find serenity

Antoine de Saint-Exupery

- We must meet the challenge rather than wish it were not before us

William J. Brennan, Jr.

- Reflect upon your blessings, of which every man has plenty, not on your past misfortunes, of which all men have some

Charles Dickens

- People can do whatever they want if they just set their heart to it, and just never give up, and just go out there and do it

Bethany Hamilton

- Little minds are tamed and subdued by misfortune; but great minds rise above them

Washington Irving

## Sacrifice

- Nothing so much enhances a good to make sacrifices for it

George Santayana

- Getting what you want is not nearly as important as giving what you have

Tom Krause

- Follow your heart, but be quiet for a while first. Ask questions, then feel the answer. Learn to trust your heart.

Unknown

- Life at its noblest leaves mere happiness far behind; and indeed cannot endure it... Happiness is not the object of life: life has no object: it is an end in itself; and courage consists in the readiness to sacrifice happiness for an intenser quality of life.

George Bernard Shaw

- The struggle of today, is not altogether for today – it is also for a vast future also

Abraham Lincoln

- Give unto me, made lowly wise, the spirit of self-sacrifice; the confidence of reason give, and in the light of truth thy bondman let me live!

William Wadsworth

- True heroism is remarkably sober, very undramatic. It is not the courage to surpass others at whatever cost, but the courage to serve others at whatever the cost

Arthur Ashe

- Man is so made that when anything fires his soul, impossibilities vanish

Jean de La Fontaine

- Sacrifices are concerned with the feelings of devotion and longing

Xun Zi

- He that embarks on the voyage of life will always wish to advance rather by the impulse of the wind than the strokes of the oar: and many fold in their passage: while they lie waiting for the gale

Dr. Samuel Johnson

- We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us

Joseph Campbell

- Ethics is in origin the art of recommending to others the sacrifices for cooperation with oneself

Bertrand Russell

- The soldier, above all other men, is required to perform the highest act of religious teaching – sacrifice.

Douglas MacArthur

## Service

- The best way to find yourself is to lose yourself in the service of others

Mohandas Karamchand Gandhi

- I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy

Rabindranath Tagore

- Service is the rent we pay for being. It is the very purpose of life, and not something you do in your spare time

Marian Wright Edelman

- I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve

Albert Schweitzer

- Remember that when you leave this earth you can take with you nothing that you have received – only what you have given: a full heart enriched by honest service, love, sacrifice and courage

Saint Francis of Assisi



## Sharing

- A smile is the light in your window that tells others that there is a caring, sharing person inside

Dennis Waitley

- Those who bring sunshine into the lives of others, cannot keep it from themselves

James M. Barrie

- Have you had a kindness shown? Pass it on; 'Twas not given for thee alone, Pass it on; let it wipe another's tears, 'Til in Heaven the deed appears – Pass it on.

Henry Burton

- If you take responsibility for yourself you will develop a hunger to accomplish your dreams

Les Brown

- When we share – that is poetry in the prose of life

Sigmund Freud

- When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand

Henri Nouwen

- I have three precious things which I hold fast and prize. The first is gentleness; the second frugality; the third is humility, which keeps me from putting myself before others. Be gentle and you can be bold; be frugal and you can be liberal; avoid putting yourself before others and you can become a leader among men

Laozi

- The sharing of joy, whether physical, emotional, psychic, or intellectual, forms a bridge between the sharers which can be the basis for understanding much of what is not shared between them, and lessens the threat of their difference

Audre Lorde

- Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give

Norman MacEwan

- Love only grows by sharing. You can only have more for yourself by giving it away to others

Brian Tracy

- The miracle is this: the more we share the more we have

Leonard Nimoy

- If you have knowledge, let others light their candles in it.

Margaret Fuller

- Whatever we possess becomes of double value when we have the opportunity of sharing it with others

Jean-Nicolas Bouilly

- When someone steals another's clothes, we call them a thief. Should we not give the same name to one who

could clothe the naked and does not? The bread in your cupboard belongs to the hungry; the coat unused in your closet belongs to the one who needs it; the shoes rotting in your closet belong to the one who has no shoes; the money which you hoard up belongs to the poor

Saint Basil the Great

- Remember, there are no mistakes only lessons. Love yourself, trust your choices, and everything is possible

Cherie Carter-Scott

- We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own

Cesar Chavez

- If you have an apple and I have an apple and we exchange apples then you and I will still each have one apple. But if you have an idea and I have an idea

and we exchange these ideas, then each of us will have two ideas

George Bernard Shaw

- Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared

Buddha

- A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie

Tenneva Jordan

- If Virtue and Knowledge are diffused among the People, they will never be enslav'd. This will be their great security

Samuel Adams

- An unshared life is not living. He who shares does not lessen, but greatens, his life.

Stephen S. Wise

- We confirm our reality by sharing

Barbara Grizzuti Harrison

- There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings

Henry Ward Beecher

- Shared joy is a double joy; shared sorrow is half sorrow

Swedish proverb

# Smile

- A warm smile is the universal language of kindness

William Arthur Ward

- Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts

Paramahansa Yogananda

- A smile is a curve that sets everything straight

Phyllis Diller

- Don't cry because it's over, smile because it happened

Theodor Seuss Geisel

- Let us always meet each other with a smile, for the smile is the beginning of love

Mother Teresa

- Go forward in life with a twinkle in your eye and a smile on your face, but with great purpose in heart

Gordon B. Hinckley

- The visible sign of utter love is an undying smile

Sri Sri Ravi Shankar

- What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but scattered along life's pathway, the good they do is inconceivable

Joseph Addison

- We shall never know all the good that a simple smile can do

Mother Teresa

- Wrinkles should merely indicate where smiles have been

Mark Twain

- Sometimes your joy is the source of your smile, and sometimes your smile is the source of your joy

Thich Nhat Hanh

- A man without ambition is dead. A man without ambition but no love is dead. A man with ambition



and love for his blessings here on earth is ever so  
alive

Pearl Bailey

- Take control of your destiny. Believe in yourself.  
Ignore those who try to discourage you. Avoid  
negative sources, people, places, things and habits.  
Don't give up and don't give in

Wanda Hope Carter

- It was only a sunny smile, and little it cost in the  
giving, but like morning light it scattered the night  
and made the day worth living

F. Scott Fitzgerald

# Soul

- Those who don't know to weep with their whole heart don't know how to laugh either

Golda Meir

- Invest in the human soul. Who knows, it might be a diamond in the rough

Mary McLeod Bethune

- A trying journey can only result in a phenomenal blessing

Dawn M. Harvey

- You must find the place inside yourself where nothing is impossible

Deepak K. Chopra

- The soul was never put in the body to stand still

John Webster

- They had that special grace, that special spirit that says, Give me a challenge and I'll meet it with joy

Ronald Reagan

- One may be old in year, but not in spirit, or poor in wealth, but not in ambition

Chinese Proverb

- Permanence, perseverance and persistence in spite of all obstacles, discouragements, and impossibilities: it is this that in all things distinguishes the strong soul from the weak

Thomas Carlyle

- Ordinary riches can be stolen, real riches cannot. In your soul are infinitely precious things that cannot be taken from you

Oscar Wilde

- Cancer can take away all of my physical abilities. It cannot touch my mind, it cannot touch my heart, and it cannot touch my soul. And those three things are going to carry on forever.

Jimmy Valvano

- Life is just a chance to grow a soul

A. Powell Davies

- in every walk with nature one receives far more than he seeks

John Muir

- Joy is but the sign that creative emotion is fulfilling its purpose

Charles Du Bos

- The soul becomes dyed with the color of its thoughts

Marcus Aurelius

- To make the right choices in life, you have to get in touch with your soul. To do this, you need to experience solitude, which most people are afraid of, because in the silence you hear the truth and know the solutions

Deepak K. Chopra

- Never apologize for showing feeling. When you do so, you apologize for the truth

Benjamin Disraeli

- A smile is a light in the window of the soul indicating that the heart is at home

Christian D. Larson

- Life is the soul's nursery

William Makepeace Thackeray

- I simply believe that some part of the human Self or Soul is not subject to the laws of space and time

Carl Gustav Jung

- Your vision will become clear only when you look into your heart. Those who look outside, dream. Those who look inside, awaken

Carl Gustav Jung

- There is no chance, no destiny, no fate, that can hinder or control the firm resolve of a determined soul

Ella Wheeler Wilcox

- Spirit is like the wind, in that we can't see it but can see its effects, which are profound

Jimmy Carter

- And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others

Marianne Williamson

- We must always have old memories and young hopes

Arsène Houssaye

- The most powerful weapon on earth is the human soul on fire

Ferdinand Foch

- Give yourself the gift of time in coming to answers for your life... It takes time, and a lot of introspection and soul-searching, to get clear about what you really want to manifest in your life

David Emerald

- Our soul desires to be understanding, our ego is only concerned with being understood. When you are being understanding you are connected to your soul

Michael Bovenes

- Dedicate some of your life to others. Your dedication will not be a sacrifice. It will be an exhilarating experience because it is an intense effort applied toward a meaningful end

Dr. Thomas Dooley

- I am not this hair, I am not this skin, I am the soul that lives within.

Jalal ad-Din Rumi

- True achievement in any sphere of action depends upon real ability, and a strong, deep, whole-souled love

David Emerald

- I believe that man will not merely endure: he will prevail. He is immortal, not because he alone among creatures has an inexhaustible voice, but because he has a soul, a spirit capable of compassion and sacrifice and endurance

William Faulkner

- Whatever the soul knows how to seek, it cannot fail to obtain

Margaret Fuller

- The soul, uneasy and confin'd from home, Rests and expatiates in a life to come

Alexander Pope

- There is one spectacle grander than the sea, that is the sky; there is one spectacle grander than the sky, that is the interior of the soul.

Victor Hugo

- Be clearly aware of the stars and infinity on high.  
Then life seems almost enchanted after all

Vincent Van Gogh

- When there is no where else to turn, turn inward.  
Enter into the sacred silence of your soul and ask for healing, guidance and personal peace

Michaïel Bovenes

- Toughness is in the soul and spirit, not in muscles.



Alex Karras

- Finding the right work is like discovering your own soul in the world

Sir Thomas Moore

- Love is the harmony of two souls singing together

Gregory J.P. Godek

- If more of us valued food and cheer and song above hoarded gold, it would be a merrier world

J.R.R. Tolkien

“

every now and again take a good look at something not made with hands – a mountain, a star, the turn of a stream. There will come to you wisdom and patience and solace and, above all, the assurance that you are not alone in the world

”

**Sidney Lovett**

- To practice any art, no matter how well or badly, is a way to make your soul grow. So do it

Kurt Vonnegut, Jr.

- Great spirits have always found violent opposition from mediocre minds. The latter cannot understand it when a man does not thoughtlessly submit to hereditary prejudices but honestly and courageously uses his intelligences and fulfils the duty to express the results of his thoughts in clear form

Albert Einstein

- Wherever you go, go with all your heart

Confucius

- He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed

Albert Einstein

- Man is only truly great when he acts from the passions

Benjamin Disraeli

- There is one thing one has to have: either a soul that is cheerful by nature, or a soul made cheerful by work, love, art, and knowledge

Friedrich Nietzsche

- In the depths of winter I finally learned there was in me an invincible summer

Albert Camus

- Strong is the soul, kind, and wise, and beautiful

Matthew Arnold

- Our soul desires to be understanding, our ego is only concerned with being understood. When you are being understanding you are connected to your soul

Michael Bovenes

- Do you not see how necessary a world of pains and troubles is to school an intelligence and make it a soul?

John Keats

- The soul is the truth of who we are

Marianne Williamson

- Belief consists in accepting the affirmations of the soul; unbelief, in denying them

Ralph Waldo Emerson

- Silence is a source of great strength

Lao Tzu

- Blessed is he who has found his work; let him ask no other blessedness

Thomas Carlyle

- A soul that is kind and intends justice discovers more than any sophist

Sophocles

- True religion is real living; living with all one's soul, with all one's goodness and righteousness

Albert Einstein

- A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history

Mohandas Karamchand Gandhi

- Courage is almost a contradiction in terms: it means a strong desire to live taking the form of readiness to die

G.K. Chesterton

“

when our eyes see our hands doing the work of our hearts,  
the circle of Creation is completed inside us, the doors of  
our souls fly open and love steps forth to heal everything  
in sight

”

**Michael Bridge**

- It is only with the heart that one sees rightly. What is essential is invisible to the eye

Antoine de Sainte-Exupery

- For his heart was in his work, and the heart giveth  
grace unto every art

Henry Wadsworth Longfellow

- The soul should always stand ajar, ready to welcome  
the ecstatic experience

Emily Dickinson

- The heart has reason which reason cannot understand

Blaise Pascal

# Sportsmanship

- A community is like a ship; everyone ought to be prepared to take the helm

Henrik Ibsen

- One man practicing sportsmanship is far better than a hundred teaching it

Knute Rockne

- Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are

John R. Wooden

- Sometimes it is better to lose and do the right thing than to win and do the wrong thing

Tony Blair

- You don't inspire your teammates by showing them how amazing you are. You inspire them by showing them how amazing they are

Robin Benincasa

- If character is what you do when no one is watching, then sportsmanship is that conduct with everybody watching

Bob Ley

- The only way you can truly control how you are seen is being honest all the time

Tom Hanks

- Sportsmanship for me is when a guy walks off the court and you really can't tell whether he won or lost; when he carries himself with pride either way

James Spencer "Jim" Courier

- Games give you a chance to excel, and if you're playing in good company you don't even mind if you lose because you had the enjoyment of the company during the course of the game



Gary Gygax

- Lose as if you like it; win as if you were used to it

Tommy Hitchcock

- Victory is remembered for at most two decades; an act of good sportsmanship is remembered for a lifetime

Simon Nguyen

- The mark of great sportsmen is not how good they are at their best, but how good they are at their worst

Martina Navrátilová

- Do you know what my favourite part of the game is?  
The opportunity to play

Mike Singletary

- Today you are You, that is truer than true. There is no one alive who is Youer than You

Theodor Seuss Geisel

- Consider the postage stamp: its usefulness consists in the ability to stick to one thing till it gets there

Josh Billings

## Spread your wings

- Not all those who wander are lost

J.R.R. Tolkien

“

be like the bird that, passing on her flight awhile on  
boughs too slight, feels them give way beneath her, and  
yet sings, knowing that she hath wings

”

**Victor Hugo**

- Maybe the journey isn't so much about becoming anything. Maybe it's about un-becoming everything that isn't really you, so you can be who you were meant to be in the first place

Unknown

- All that is gold does not glitter, not all those who wander are lost; the old that is strong does not wither, deep roots are not reached by the frost

J.R.R. Tolkien

“

fruit does not grow on the trunk...it is found out on the limb

”

**Steve Lobert**

- Then, one day, when you least expect it, the great adventure finds you

Ewan McGregor

- Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover.

Mark Twain

- I hope that in this year to come you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something. So that's my wish for you, and all of us, and my wish for myself. Make new mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life. Whatever it is you're scared of doing, do it. Make your mistakes, next year and forever

Neil Gaiman

- For what it's worth: it's never too late or, in my case, too early to be whoever you want to be. There's no time limit, stop whenever you want. You can change or stay the same, there are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. And I hope you see things that startle you. I hope you feel things you never felt before. I

hope you meet people with a different point of view. I hope you live a life you're proud of. If you find that you're not, I hope you have the courage to start all over again

F. Scott Fitzgerald

“

compared to the age of the universe, you are new to Nature. No one can really predict to what heights you might soar. Even you will not know until you spread your wings

”

**Gil Atkinson**

- You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you

know. And YOU are the one who'll decide where to go...

Theodor Seuss Geisel

- I haven't a clue how story will end, but that's all right.  
When you set out on a journey and night covers the road, that's when you discover the stars

Nancy Willard

- Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold

Judith Olney

- Human culture has always had to exist under the shadow of something infinitely more important than itself. If men had postponed the search for knowledge and beauty until they were secure, the search would never have begun

C.S. Lewis

“

I wanted a perfect ending. Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious Ambiguity

”

**Gilda Radner**

- Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover.

Mark Twain

- You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover

will be wonderful. What you'll discover will be yourself

Alan Alda

- There's something very freeing about losing the anchors that have always defined you. Frightening, sad, but exhilarating in a poignant way, as well. You're free to float to the moon and evaporate or sink to the bottom of the deepest ocean. But you're free to explore. Some people confuse that with drifting, I suppose. I like to think of it as growing.

Deborah Smith

- You have to know what you want to get. But when you know that, let it take you. And if it seems to take you off track, don't hold back because perhaps that is instinctively where you want to be

Gertrude Stein



# Stewardship

- How paramount the future is to the present when one is surrounded by children

Charles Darwin

- You are not Atlas carrying the world on your shoulder. It is good to remember that the planet is carrying you

Vandana Shiva

- Be a good listener. Your ears will never get you into trouble

Frank Tyger

- I believe that every right implies a responsibility; every opportunity an obligation; every possession a duty

John D. Rockefeller

- When you make a world tolerable for yourself, you make a world tolerable for others.

Anaïs Nin

- The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world

Michael Pollan

- There's a magical tie to the land of our home, which the heart cannot break, though the footsteps may roam

Eliza Cook

- For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others

Nelson Mandela

- In necessary things, unity; in disputed things, liberty; in all things, charity

Richard Baxter

- Heaven on Earth is a choice you must make, not a place we must find

Dr. Wayne Dyer

- Though we travel the world over to find the beautiful, we must carry it with us, or we find it not

Ralph Waldo Emerson

- Remember, if you ever need a helping hand, it's at the end of your arm. As you get older, remember you have another hand: the first is to help yourself, the second is to help others

Audrey Hepburn

- There are no problems we cannot solve together, and very few that we can solve by ourselves

Lyndon B. Johnson

- It takes two wings to fly

Eric Schaub

- A generous heart, kind speech, and a life of service and compassion are the things which renew humanity

Buddha

- My mission is to create a world where we can live in harmony with nature

Jane Goodall

- Today, more than ever before life must be characterized by a sense of Universal responsibility, not only nation to nation and human to human, but also human to other forms of life

Tenzin Gyatso

- We do not inherit the land from our ancestors, we borrow it from our children.

Native American Proverb

- Liberty means responsibility. That is why most men dread it

George Bernard Shaw

- I always wondered why somebody didn't do something about that; then I realized that I am somebody

Unknown

- Whatever you are, be a good one

Abraham Lincoln

- Today we are faced with a challenge that calls for a shift in our thinking, so that humanity stops threatening its life-support system. We are called to assist the earth to heal her wounds and in the process heal our own – indeed to embrace the whole of creation in all its diversity, beauty and wonder, recognizing that sustainable development, democracy and peace are indivisible is an idea whose time has come

Wangari Maathai

- The earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations.

Pope John XXII

- Man has responsibility not power

Tuscarora Proverb

- I think of a hero as someone who understands the degree of responsibility that comes with his freedom

Bob Dylan [Robert Allen Zimmerman]

## Strength

- We are like the little branch that quivers during a storm, doubting our strength and forgetting we are the tree – deeply rooted to withstand all life's upheavals

Dodinsky

- Pray not for easy lives, pray to be stronger men

John F. Kennedy

- To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable

Helen Keller

- What does not kill me makes me stronger

Johann Wolfgang von Goethe

- Out of suffering have emerged the strongest souls; the most massive characters are seared with sears

Khalil Gibran

- Life has meaning only if one barter it day by day for something other than itself

Antoine de Saint-Exupery

- Participate joyfully in the sorrows of the world. We cannot cure the world of sorrows, but we can choose to live in joy

Joseph Campbell

- Let us speak, though we show all our faults and weaknesses – for it is a sign of strength to be weak, to know it, and out with it

Herman Melville

- Courage is only the accumulation of small steps.

George Konrad

- Real strength is not just a condition of one's muscle, but a tenderness in one's spirit

McCallister Dodds

- When I dare to be powerful – to use my strength in the service of my vision, then it becomes less and less important whether I am afraid

Audre Lorde



- Storms make trees take deeper roots

Dolly Parton

- Old age is not a disease – it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments trials and illnesses

Maggie Kuhn

- Our character... is an omen of our destiny, and the more integrity we have and keep, the simpler and nobler that destiny is likely to be

George Santayana

- The truth is that our finest moment are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers

M. Scott Peck

“

Always do what you are afraid to do

”

**Ralph Waldo Emerson**

- Nothing happens to any man that he is not formed by nature to bear

Marcus Aurelius

- That which does not kill us makes us stronger

Friedrich Nietzsche

- Behold the turtle. He only makes progress when he sticks his neck out

James Bryant Conant

- When heaven is about to confer a great responsibility on any man, it will exercise his mind with suffering, subject his sinews and bones to hard work, expose his

body to hunger, put him to poverty, place obstacles in the paths of his deeds, so as to stimulate his mind, harden his nature, and improve wherever he is incompetent

Meng Tzu

- A diamond is just a piece of charcoal that handled stress exceptionally well

Unknown

- We learn more by looking for the answer to a question and not finding it than we do from learning the answer itself

Lloyd Alexander

- When restraint and courtesy are added to strength, the latter becomes irresistible

Mohandas Karamchand Gandhi

- A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles

Christopher Reeve

- Maybe who we are isn't so much about what we do, but rather what we're capable of when we least expect it

Jodi Picoult

- When something bad happens you have three choices. You can let it define you, let it destroy you, or you can let it strengthen

Unknown

- Ask not for an easy life... ask for the strength to face the elements, to weather the storms; to be the might for the right and the weak, to be the voice for those who cannot speak, to see one's dreams to fruition with dignity, integrity, and grace

Giac Nguyen

- The art of being yourself at your best is the art of unfolding personality into the person you want to be... Be gentle with yourself, learn to love yourself, to forgive yourself, for only as we have the right attitude toward ourselves can we have the right attitude toward others

Wilfred A. Peterson

- Tenderness and kindness are not signs of weakness and despair, but manifestation of strengths and resolutions.

Khalil Gibran

- Strength does not come from physical capacity. It comes from an indomitable will

Mohandas Karamchand Gandhi

- Only he can understand what a farm is, what a country is, who shall have sacrificed part of himself to his farm or country, fought to save it, struggled to make it beautiful. Only then will the love of farm or country fill his heart

Antoine de Sainte-Exupery

- Life has many ways of testing a person's will, either by having nothing happen at all or by having everything happen all at once

Paulo Coelho

- Whoever you are, whatever your dream, you have to be strong in your head and strong in your heart. Be strong. There's no quitting in the person who wants it bad enough

Carly Patterson

## Teaching by example

- An understanding heart is everything in a teacher, and cannot be esteemed highly enough. One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feeling. The curriculum is so much necessary raw material, but warmth is the vital element for growing the plant and for the soul of the child

Carl Gustav Jung

- Example moves the world more than doctrine

Henry Miller

- What I would like to give my daughter is freedom. And this is something that must be given by example, not by exhortation

Erica Jong

- If you want trust, trust others. If you want respect, respect others. If you want help, help others. If you

want love and peace in your life, give them away. If you want great friends, be one. That's how it works

Dan Zadra

- Example has more followers than reason. We unconsciously imitate what pleases us, and insensibly approximate to the characters we most admire. In this way, a generous habit of thought and of action carries with it an incalculable influence

Christian Nestell Bovee

- It should be your care, therefore, and mine, to elevate the minds of our children and exalt their courage; to accelerate and animate their industry and activity; to excite in them an habitual contempt of meanness, abhorrence of injustice and inhumanity, and an ambition to excel in every capacity, faculty, and virtue

John Adams

- Greatness lies, not in being strong, but in the right using of strength; and strength is not used rightly when it serves only to carry a man above his fellows



for his own solitary glory. He is the greatest whose strength carries up the most hearts by the the attraction of his own

Henry Ward Beecher

- If only people would realize that moral principles are like measles... They have to be caught. And only the people who've got them can pass on the contagion

Aldous Huxley

- A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child

Forest E. Witcraft

- Example is not the main thing influencing others. It is the only thing

Albert Schweitzer

- Old people love to give good advice to console themselves for no longer being able to set a bad example

François Duc De La Rochefoucauld

- Every one of us receives and passes on an inheritance. The inheritance may not be an accumulation of earthly possessions or acquired riches, but whether we realize it or not, our choices, word, actions, and values will impact someone and form the heritage we hand down

Ben Hardesty

- Few things are harder to put up with than the annoyance of a good example

Mark Twain

- Nothing is more contagious than example, and no man does any exceeding good or exceeding ill but it spawns new deeds of the same kind. The good we imitate through emulation, the ill through the malignity of our nature, which shame keeps locked up, but example sets free

François Duc De La Rochefoucauld

- And children whose backgrounds have stunted their sense of the future need to be taught by example that they are good for more than they dared dream

Kenneth Keniston

- It takes tremendous discipline to control the influence, the power you have over other people's lives

Clint Eastwood

- We learn by example and by direct experience because there are real limits to the adequacy of verbal instruction

Malcolm Gladwell

- The whole art of teaching is only the art of awakening the natural curiosity of young minds for the purpose of satisfying it afterward

Anatole France

- This world is your best teacher. There is a lesson in everything. There is a lesson in each experience. Learn it and become wise. Every failure is a stepping stone to success. Every difficulty or disappointment is

a trial of your faith. Every unpleasant incident or temptation is a test of your inner strength. Therefore nil desperandum. March forward hero!

Swami Sivananda

- What you do speaks so loud that I cannot hear you speak

Ralph Waldo Emerson

- When spider webs unite they can tie up a lion

African Proverb

- It is not so much the example of others we imitate as the reflection of ourselves in their eyes and the echo of ourselves in their words

Eric Hoffer

- We must continually remind students in the classroom that expression of different opinions and dissenting ideas affirms the intellectual process. We should forcefully explain that our role is not to teach them to think as we do but rather to teach them, by example, the importance of taking a stance that is rooted in

rigorous engagement with the full range of ideas  
about a topic

Bell Hooks [Gloria Jean Watkins]

- There will always be a frontier where there is an open mind and a willing hand

Charles F. Kettering

- That's all a man can hope for during his lifetime – to set an example – and when he is dead, to be an inspiration for history

William McKinley

- Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself

Jalal ad-Din Rumi

- It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult

Segoyewatha [Red Jacket]

- By learning you will teach, by teaching you will learn

### Latin Proverb

- Personally I do not resort to force – not even the force of law – to advance moral reforms. I prefer education, argument, persuasion, and above all the influence of example

### Rutherford Hayes

- Teachers: two kinds: the kind that fill you with so much quail shot that you can't move and the kind that just give you a little prod from behind and you jump to the skies

### Robert Frost

- Personal example carries more weight than preaching

### Chinese Proverb

## Team work

- The strength of the team is each individual member.  
The strength of each member is the team

Phil Jackson

- Society is joint action and cooperation in which each participant sees the other partner's success as a means for the attainment of his own

Ludwig von Mises

- There never were, in the world, two opinions alike, no more than two hairs, or two grains; the most universal quality is diversity

Michel Yquem de Montaigne

- Talent wins games, but teamwork wins championships

Michael Jordan

- Only connect

E.M. Forster

“ competition has been shown to be useful up to a certain point and no further, but cooperation, which is the thing we must strive for today, begins where competition leaves off ”

**Franklin D. Roosevelt**

- If you want to go fast, go alone. If you want to go far, go together

African Proverb

- We are like pieces in a jigsaw puzzle. We are all unique, and have our own special place in the puzzle of the universe. Without each of us, the puzzle is incomplete

Rod Williams

- Problems can become opportunities when the right people come together



Robert Redford

- The average person puts only 25% of his energy into his work. The world takes off its hat to those who put in more than 50% of their capacity, and stands on its head for those few and far between souls who devote 100%

Andrew Carnegie

- Don't worry so much about your self-esteem. Worry more about your character. Integrity is its own reward

Dr. Laura Schlessinger

- The key elements in the art of working together are how to deal with change, how to deal with conflict, and how to reach our potential...the needs of the team are best met when we meet the needs of individual persons

Max De Pree

- Unity is strength...when there is teamwork and collaboration, wonderful things can be achieved

Mattie Stepanek

- The harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value. I love the man that can smile in trouble, that can gather strength from distress and can grow brave by reflection

Thomas Paine

- It takes two flints to make a fire

Louisa May Alcott

- Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work

Vince Lombardi

- When two are of one mind, their strength can cut gold

Chinese Proverb

- Focusing your life solely on making a buck shows a certain poverty of ambition. It asks too little of yourself. Because it's only when you hitch your

wagon to something larger than yourself that you  
realize your true potential

Barack Obama

## True beauty

- Beauty is not in the face; beauty is a light in the heart

Khalil Gibran

- The sign of a beautiful person is that they always see beauty in others

Omar Suleiman

- If you think you are too small to be effective, you have never been in the dark with a mosquito

Unknown

- The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering

Ben Okri

- People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within

Elizabeth Kübler-Ross

- It is time for parents to teach young people early on that in diversity there is beauty and there is strength

Maya Angelou

- To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself

Thich Nhat Hanh

- True beauty is not related to what color your hair is or what color your eyes are. True beauty is about who you are as a human being, your principles, your moral compass

Ellen DeGeneres

- I think your whole life shows in your face and you should be proud of that

Lauren Bacall

- A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick-out teeth, but if you have good

thoughts they will shine out of your face like  
sunbeams and you will always look lovely

Roald Dahl

- It is not beauty that endears, it's love that makes us  
see beauty

Leo Tolstoy

- Few things can help an individual more than to place  
responsibility on him, and to let him know that you  
trust him

Booker T. Washington

- All doors open to courtesy

Dr. Thomas Fuller

- The wise do not buy into other people's perceptions  
of who they are and what they are capable of. Instead,  
they bypass a person's public persona and see who  
they are in their highest expression. When you see  
actions taken with integrity, instead of words only,  
you will then know a soul's worth

Shannon L. Alder

- The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart

Helen Keller

- May the sun bring you new energy by day, may the moon softly restore you by night. May the rain wash away your worries, may the breeze blow new strength into your being. May you walk gently through the world and know its beauty all the days of your life

Apache Blessing

# Trust

- Relationships of trust depend on our willingness to look not only to our own interests, but also the interests of others

Peter Farquharson

- Trust and honesty is an investment you put in people

Rachel Joy Scott

- Creativity comes from trust. Trust your instincts. And never hope more than you work

Rita Mae Brown

- Set your expectations high; find men and women whose integrity and values you respect; get their agreement on a course of action; and give them your ultimate trust

John Fellows Akers

- It is an equal failing to trust everybody, and to trust nobody



### English Proverb

- It is impossible to go through life without trust: that is to be imprisoned in the worst cell of all, oneself

### Graham Greene

- Trust each other again and again. When the trust level gets high enough, people transcend apparent limits, discovering new and awesome abilities for which they were previously unaware

### David Armistead

- The friend in my adversity I shall always cherish most. I can better trust those who helped to relieve the gloom of my dark hours than those who are so ready to enjoy with me the sunshine of my prosperity

### Ulysses S. Grant

- The only way to make a man trustworthy is to trust him

### Henry Lewis Stimson

- You may be deceived if you trust too much, but you will live in torment if you don't trust enough

Frank H. Crane

- I admire those who trust and are trustworthy

Rachel Joy Scott

- Mistrust makes life difficult. Trust makes it risky

Mason Cooley

- No soul is desolate as long as there is a human being for whom it can feel trust and reverence

George Elliot [Mary Ann Evans]

- Trust men and they will be true to you; treat them greatly and they will show themselves great

Ralph Waldo Emerson

- I doubt that we can ever successfully impose values or attitudes or behaviours on our children certainly not by threat, guilt, or punishment. But I do believe they can be induced through relationships where parents and children are growing together. Such relationships are, I believe, build on trust, example, talk, and caring

Fred Rogers

- If you realized how powerful your thoughts are, you would never think a negative thought

Peace Pilgrim

- Life was given to us to be an intentional event: Make it so!

Sean A. Frontz

- You can't shake hands with a clenched fist

Indira Gandhi

- Above all be of single aim; have a legitimate and useful purpose, and devote yourself unreservedly to it.

James Allen

- One must be fond of people and trust them if one is not to make a mess of life

E.M. Forster

“

it is more shameful to distrust one's friends than to be  
deceived by them

”

**François Duc De La Rochefoucauld**

- I think that we may safely trust a good deal more than we do. We may waive just so much care of ourselves as we honestly bestow elsewhere. Nature is as well adapted to our weakness as to our strength

Henry David Thoreau

- Trust your own instinct. Your mistakes might as well be your own, instead of someone else's

Billy Wilder

- To be trusted is a greater compliment than to be loved

George MacDonald

- Trust everybody, but cut the cards

Finley Peter Dunne

- A human being is only interesting if he's in contact with himself. I learned you have to trust yourself, be what you are, and do what ought to do the way you should do it. You have got to discover you, what you do, and trust it

Barbara Streisand

- When a family is free of abuse and oppression, it can be the place where we share our deepest secrets and stand the most exposed, a place where we learn to feel distinct without being "better," and sacrifice for others without losing ourselves

Letty Cottin Pogrebin

- Without trust, words become the hollow sound of a wooden gong. With trust, words become life itself

John Harold

- It is better to suffer wrong than to do it, and happier to be sometimes cheated than not to trust.

Dr. Samuel Johnson

- The inability to open up to hope is what blocks trust, and blocked trust is the reason for blighted dreams

Elizabeth Gilbert

- Chance is always powerful. Let your hook be always cast in the pool where you least expect it; there will be a fish

Ovid

## Unity

- I love to hear a choir. I love the humanity...to see the faces of real people devoting themselves to a piece of music. I like the teamwork. It makes me feel optimistic about the human race when I see them cooperating like that

Paul McCartney

- There never is but one opportunity of a kind

Henry David Thoreau

- A mystic bond of brotherhood makes all men one

Thomas Carlyle

- The symbol in Chinese for crisis is made up of two ideographs: one means danger, the other means opportunity. This symbol is a reminder that we can choose to turn a crisis into an opportunity or into a negative experience

Anonymous

- Opportunities multiply as they are seized

Sun Tzu

- If we are to achieve a richer culture, rich in contrasting values, we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse human gift will find a fitting place

Margaret Mead

- Jumping at several small opportunities may get us there more quickly than waiting for one big one to come along

Hugh Allen

- Weakness is nothing more than an opportunity to grow

Rod Williams

- For those who have seen the Earth from space, and for the hundreds and perhaps thousands more who will, the experience most certainly changes your perspective. The things that we share in our world are far more valuable than those which divide us



Captain Donald Williams

- The symbol in Chinese for crisis is made up of two ideographs: one means danger, the other means opportunity. This symbol is a reminder that we can choose to turn a crisis into an opportunity or into a negative experience

Anonymous

- While the spirit of neighbourliness was important on the frontier because neighbours were so few, it is even more important now because our neighbours are so many

Lady Bird Johnson

- We must learn to live together as brothers or perish together as fools

Martin Luther King, Jr.

- If we cannot now end our differences, at least we can help make the world safe for diversity

John F. Kennedy

- When one tugs at a single thing in nature, he finds it attached to the rest of the world

John Muir

- There is no security on this earth; there is only opportunity

Douglas MacArthur

- I can live for two months on a good compliment

Mark Twain

- No one can whistle a symphony. It takes a whole orchestra to play it

Halford E. Luccock

- My humanity is bound up in yours, for we can only be human together.

Archbishop Desmond Tutu

- Thousands of candles can be lit from a single candle, and the life of the candles will never be shortened. Happiness never ceases by being shared

Chinese Proverb

- Sticks in a bundle are unbreakable

Kenyan Proverb

- If everyone helps to hold up the sky, then one person does not become tired

Dr. Ashkari Johnson Hodari

- Hope is the dream of a soul awake

French Proverb

- Each contact with a human being is so rare, so precious, one should preserve it.

Anaïs Nin

- Our loyalties must transcend our race, our tribe, our class, and our nation; and this means we must develop a world perspective

Martin Luther King, Jr.

- There are realities we all share, regardless of our nationality, language, or individual tastes. As we need food, so do we need emotional nourishment: love, kindness, appreciation, and support from others. We

need to understand our environment and our relationship to it. We need to fulfil certain inner hungers: the need for happiness, for peace of mind – for wisdom

Swami Kriyananda [J. Donald Walters]

- Snowflakes are one of nature's most fragile things, but just look at what they can do when they stick together

Unknown

- One piece of log creates a small fire, adequate to warm you up, add just a few more pieces to blast an immense bonfire, large enough to warm up your entire circle of friends; needless to say that individuality counts but team work dynamites

Jin Kwon

- We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams

Jimmy Carter

- It were not best that we should all think alike; it is difference of opinion that makes horse races

Mark Twain

- As the builders say, the larger stones do not lie well without the lesser

Plato

- We are only as strong as we are united, as weak as we are divided

J.K. Rowling

“

all things are bound together. All things connect. Whatever happens to the earth happens to the children of the earth. Man did not weave the web of life, he is merely a strand in it.

Whatever he does to the web, he does to himself

”

**Chief Seattle**

- The wise person understands that his own happiness must include the happiness of others

Dennis Weaver

- The remarkable thing is that we really love our neighbour as ourselves: we do unto ourselves. We hate others when we hate ourselves. We are tolerant toward others when we tolerate ourselves. We forgive others when we forgive ourselves. We are prone to sacrifice others when we are ready to sacrifice ourselves

Eric Hoffer

- We could learn a lot from crayons; some are sharp, some are pretty, some are dull, while others bright, some have weird names, but they all have learned to live together in the same box

Unknown

- The good we secure for ourselves is precarious and uncertain until it is secured for all of us and incorporated into our common life

Jane Addams

- Civilizations should be measured by the degree of diversity attained and the degree of unity

W.H. Auden

“

for the strength of the pack is the wolf, and the strength  
of the wolf is the pack

”

**Rudyard Kipling**

- Don't let slip an opportunity; it may never come again

Chinese Proverb

- This is a exciting world. It is cram-packed with opportunity. Great moments wait around the corner

Richard David De Vos

- All for one and one for all, united we stand divided we fall

Alexandre Dumas

- Opportunity knocks, but doesn't always answer to its name

Mason Cooley

- The world is my country, all mankind are my brethren, and to do good is my religion

Thomas Paine

- No man is an island, entire of itself; every man is a piece of the continent

John Donne

- Our success as a nation is not measured by how many years we have governed or how many wars we have won. It is measured by the quality of life which we have created for the society that our ideals were founded upon

Matthew Morgan



- Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more

Anthony Robbins

- When bad men combine, the good must associate; else they will fall, one by one, an unpitied sacrifice in a contemptible struggle

Edmund Burke

- Alone we can do so little; together we can do so much

Helen Keller

- Religions are many and diverse, but reason and goodness are one

Elbert Hubbard

- Where there is unity there is always victory

Publius Syrus

- If civilization is to survive, we must cultivate the science of human relationships – the ability of all

peoples, of all kinds, to live together, in the same world at peace

Franklin D. Roosevelt

- Laws alone can not secure freedom of expression; in order that every man present his views without penalty there must be spirit of tolerance in the entire population

Albert Einstein

- The strongest bond of human sympathy outside the family relation should be one uniting working people of all nations and tongues and kindreds

Abraham Lincoln

- An invisible red thread connects those who are destined to meet, regardless of time, place, or circumstance. The thread may stretch or tangle, but will never break

Chinese Proverb

- The fact is we can only love what we know personally. And we cannot know much. In public

affairs, in the rebuilding of civilization, something less dramatic and emotional is needed, namely tolerance

E.M. Forster

“ good communication is just as stimulating as black coffee,  
and just as hard to sleep after ”

**Anne Morrow Lindbergh**

- I am of the opinion that my life belongs to the whole community and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live

George Bernard Shaw

- Dreams come in a size too big so that we may grow into them

Josie Bisset

- There are those whose lives affect all others around them. Quietly touching one heart, who in turn, touches another. Reaching out to ends further than they would ever know

William Bradfield

- Tolerance is the positive and cordial effort to understand another's beliefs, practices, and habits without necessarily sharing or accepting them

Joshua Loth Leibman

- So powerful is the light of unity that it can illuminate the whole earth

Baha'u'llah

- If we could read the secret history of our enemies, we would find in each person's life sorrow and suffering enough to disarm all hostility

Henry Wadsworth Longfellow

- Open the doors of opportunity to talent and virtue and they will do themselves justice

Ralph Waldo Emerson

- The unity of freedom has never relied on uniformity of opinion

John F. Kennedy

- Although we are in different boats you in your boat and we in our canoe we share the same river of life

Chief Oren Lyons

- We can most safely achieve truly universal tolerance when we respect that which is characteristic in the individual and in nations, clinging, though, to the conviction that the truly meritorious is unique by belonging to all of mankind

Johann Wolfgang von Goethe

- In union there is strength

Aesop

- Much of the success of life depends upon keeping one's mind open to opportunity and seizing it when it comes

Alice Foote MacDougall

- Were it not for hope the heart would break

Scottish Proverb

- We cannot live for ourselves. A thousand fibers connect us with our fellow men

Herman Melville

- The crest and crowning of all good, life's final star, is brotherhood

Edwin Markham

- Community means strength that joins our strength to do the work that needs to be done, arms to hold us when we falter. A circle of healing. A circle of friends. Someplace where we can be free

Starhawk

- So we grew together, like to a double cherry, seeming parted, but yet a union in partition

William Shakespeare

- Within sorrow is grace. When we come close to those things that break us down, we touch those things that

also break us open. And in that breaking open, we uncover our true nature

Wayne Muller

- [People] may be said to resemble not the bricks of which a house is built, but the pieces of a picture puzzle, each differing in shape, but matching the rest, and thus bringing out the picture

Felix Adler

- Equal laws protecting equal rights... the best guarantee of loyalty and love of country

James Madison

- Opportunity is a bird that never perches

Claude MacDonald

- Difference is of the essence of humanity. Difference is an accident of birth and it should therefore never be the source of hatred or conflict. The answer to difference is to respect it. Therein lies a most fundamental principle of peace: respect for diversity

John Hume

- Unity is power

Arabic proverb

- Our strength is a contented and intelligent community

Rutherford Hayes

- Man was born rich, or inevitably grows rich by the use of his faculties; by the union of thought with nature

Ralph Waldo Emerson

- I think the authors of that notable instrument [the declaration of independence] intended to include all men

Abraham Lincoln

- We belong to the community. It is not the tailor alone who is the ninth part of a man; it is as much the preacher, and the merchant, and the farmer. Where is this division of labor to end? And what object does it finally serve? No doubt another may also think for me; but it is not therefore desirable that he should do so to the exclusion of my thinking for myself



Henry David Thoreau

- Our happiness is completely and utterly intertwined with other people: family, friends, neighbours and the woman who you hardly notice who cleans your office

Eric Weiner

- Real education should educate us out of self into something far finer; into a selflessness which links us with all humanity

Nancy Astor

## Vision

- What seems nasty, painful, evil, can become a source of beauty, joy, and strength, if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it as such

Henry Miller

- People create their own questions because they are afraid to look straight. All you have to do is look straight and see the road, and when you see it, don't sit looking at it – walk.

Ayn Rand

- Perhaps our eyes need to be washed by our tears once in a while, so that we can see life with a clearer view again

Alex Tan

- It's seizing the day and accepting responsibility for your future. It's seeing what other people don't see,

and pursuing that vision no matter who tells you not to.

Howard Schultz

- Create the highest, grandest vision possible for your life, because you become what you believe

Oprah Winfrey

- Imagination is true magic carpet

Norman Vincent Peale

- The problems of the world cannot possibly be solved by sceptics or cynics whose horizons are limited by the obvious realities. We need men who can dream of things that never were and ask ‘why not’?

John F. Kennedy

- For last year’s words belong to last year’s language, and next year’s words await another voice. To make an end is to make a beginning

T.S. Eliot

“

I try to avoid looking forward or backward, and try to  
keep looking upward

”

**Charlotte Brontë**

- I believe life is a series of near misses. A lot of what we ascribe to luck is not luck at all. Its seizing the day and accepting responsibility for your future. Its seeing what other people don't see. And pursuing that vision

Howard Schultz

- Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them

John J. McCloy

- We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open

Jawaharlal Nehru

- Be daring, be different, be anything that will assert integrity of purpose and imaginative vision against the play-it-safers...

Cecil Beaten

- Make hatred hated!

Anatole France

- The only thing worse than being blind is having sight and no vision

Helen Keller

- If we are going to do anything significant with life, we sometimes have to move away from it – beyond the usual measurements. We must occasionally follow visions and dreams

Bede Jarret

- It's not what you look at that matters, it's what you see.

Henry David Thoreau

- We shall not cease from exploration; and the end of all our exploring will be to arrive where we started, and know the place for the first time.

T.S. Eliot

“

spring ushers in the birth and growth of new beginnings. Summer develops and matures new life in the warmth of light. Fall celebrates life and displays inspiration through color. Winter then rests and builds for the new day, preparing for the next season

”

**Jaren L. Davis**

- I live to hold communion with all that is divine, to feel there is a union 'Twixt Nature's heart and mine

George Linnaeus Banks

- What we see depends mainly on what we look for

John Lubbock

- The wave of the future is not the conquest of the world by a single dogmatic creed but the liberation of the diverse energies of free nations and free men

John F. Kennedy

- The real voyage of discovery consists of not in seeking new landscapes but in having new eyes

Marcel Proust

- Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world

Joel A. Barker

- Excellence is to do a common thing in an uncommon way

Booker T. Washington

- Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid

Albert Einstein

- If we are to go forward, we must go back and rediscover those precious values – that all reality hinges on moral foundations and that all reality has spiritual control

Martin Luther King, Jr.

- If you are working on something exciting that you really care about, you don't have to be pushed. The vision pulls you

Steve Jobs

- We know what we are, but know not what we may be

William Shakespeare

- Love yourself, accept yourself, forgive yourself, and be good to yourself, because without you the rest of us are without a source of many wonderful things

Dr. Leo Buscaglia



- You can move through life seeing nothing as a miracle, or seeing everything as a miracle

Albert Einstein

- I do not want my house to be walled in on all sides and my windows to be stifled. I want all the cultures of all lands to be blown about my house as freely as possible. But I refuse to be blown off my feet by any

Mohandas Karamchand Gandhi

- Variety is the spice of life

American Proverb

- The tears of faithfulness to your beliefs cleanse your spirit to envision the road ahead. Everything is possible for the person who believes

Adlin Sinclair

- Nothing that has ever been thought and said with a clear mind and pure ethical strength is totally in vain; even if it comes from a weak hand and is imperfectly formed, it inspires the ethical spirit to constantly renewed creation.

### Stefan Zweig

- To see ourselves as others see us can be eye-opening. To see others as sharing a nature with ourselves is the merest decency. But it is from the far more difficult achievement of seeing ourselves amongst others... that the largeness of mind, without which objectivity is self-congratulation and tolerance a sham, comes

### Clifford Geertz

- Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside awakens

### Carl Gustav Jung

- Sometimes the situation is only a problem because it is looked at in a certain way. Looked at in another way, the right course of action may be so obvious that the problem no longer exists

### Edward de Bono

- To keep from getting too far ahead of myself, I can apply to life what I've learned from running in the

woods: the step in front of you is the most important one

Annie Morris

- Our grand duty is not to see what lies dimly in the distance, but to do what lies clearly at hand

Thomas Carlyle

- Vision is the art of seeing what is invisible to others

Jonathan Swift

- A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral

Antoine de Saint-Exupery

- I will speak to a youth which can accomplish everything, precisely because it accepts no past, obeys no present, and fears no future

Rudyard Kipling

- The only way to discover the limits of the possible is to go beyond them into the impossible

Arthur C. Clarke

- Rough diamonds may sometimes be mistaken for worthless pebbles

Sir Thomas Browne

- Not everything that counts can be counted, and not everything that can be counted counts

Albert Einstein

# Volunteering

- Service to a just cause rewards the worker with more real happiness and satisfaction than any other venture of life

Carrie Chapman Catt

- How can I be useful, of what service can I be? There is something inside me, what can it be?

Unknown

- The heart of a volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others

DeAnn Hollis

- Volunteers do not necessarily have the time; they just have the heart.

Elizabeth Andrew

- There is incredible value in being of service to others

Elizabeth Berg

- How can we expect our children to know and experience the joy of giving unless we teach them that the greater pleasure in life lies in the art of giving rather than receiving

James Cash Penney

- Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has

Margaret Mead

- You cannot hope to build a better world without improving the individuals. To that end, each of us must work for our own improvement and, at the same time, share a general responsibility for all humanity, our particular duty being to aid those to whom we think we can be most useful

Marie Curie

- To the wrongs that need resistance, to the right that needs assistance, to the future in the distance, give yourselves

Carrie Chapman Catt

- Volunteering is at the very core of being a human. No one has made it through life without someone else's help

Heather French Henry

- Go into the world and do well. But more importantly go into the world and do good

Minor Myers Jr.

- I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do

Edward Everett Hale

- Wisdom is knowing what to do next; virtue is doing it

David Star Jordan

- I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve

Albert Schweitzer

- To serve is beautiful, but only if it is done with joy and a whole heart and a free mind

Pearl S. Buck

- Consciously or unconsciously, every one of us does render some service or other. If we cultivate the habit of doing this service deliberately, our desire for service will steadily grow stronger, and will make, not only our own happiness, but that of the world at large

Mohandas Karamchand Gandhi

- Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love

Martin Luther King, Jr.

- The work goes on, the cause endures, the hope still lives and the dreams shall never die

Edward "Ted" Kennedy



- The highest of distinctions is service to others

King George IV

- One kernel is felt in a hogshead; one drop of water helps to swell the ocean; a spark of fire helps to give light to the world. None are too small, too feeble, too poor to be of service. Think of this and act.

Hannah More

- You can turn painful situation around through laughter, if you can find humor in anything, even poverty, you can survive it

Bill Cosby



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